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Under the sea

If you've ever dreamed of being Ariel, you're in luck. A mermaid school is swimming toward Toronto. PAGE 14

NEWS WORTH SHARING.

Authors call library program 'misguided'

Books. Margaret Atwood among 31 writers who say used-novel buying is robbing publishers of much-needed revenue

LUKE SIMCOE
luke.simcoe@metronews.ca

Some of Canada's most celebrated authors are having a war of words with the Toronto Public Library.

The library board has received a letter signed by 31 writers — including Margaret Atwood and Giller Prize winner Vincent Lam — urging an end a program that buys copies of in-demand books from the public.

"We would like to help the TPL achieve the aims we share — to promote literary culture and Canadian writing and to make books democratically available to the residents of Toronto — but believe that the 'Sell Books to the Library Program' is a misguided step in that direction," the letter reads.

The library started the pilot project in December as a way to cut waiting lists for popular titles and keep costs in check. Officials say the program improves customer service; the authors of the letter say the initiative is robbing publishers of much-needed revenue.

"The publishers are the part of the relationship that clearly loses," said Lam. "The library is indicating they want to purchase new books, but they're not willing to purchase them at a market price."

Lam acknowledged libraries across the country are underfunded — he recently lent his voice to a video asking Toronto councillors to reverse cuts to the library budget — but said solutions shouldn't come at the expense of book producers.

The library is declining to comment on the letter until next month, when board members will receive a report about the program. However, spokeswoman Ana-Maria Critchley reiterated the project has no effect on how many new books the library purchases.

Troy Palmer, founder of the online literary magazine Little Fiction, defended the library's policy and questioned why writers were acting as the voice of the publishing industry.

Palmer noted that the Canada Council for the Arts public lending rights program already compensates authors whose titles appear in library collections. In 2014 alone, the program paid out $9.7 million.

"And the library's already said it's not buying fewer copies, so no one's losing here," Palmer said.

Publishers are wrong to equate a borrowed library book to a lost sale, he added.

"If anything, publishers could gain from this. The more people read your stuff, the more likely they are to buy your next book."

By the numbers

75

Number of books the Toronto Public Library has bought through the Sell Your Books to the Library program since December.

LET THE CELEBRATIONS BEGIN

Julie Lee, left, and Leanne Ly are among the many Torontonians ready to usher in the Year of the Sheep, as Chinese New Year celebrations get underway. For more on the festivities and what's going on around the city, check out three pages of coverage inside. DAVID VAN DYKE/METRO

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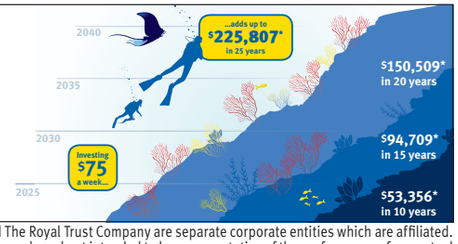

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Other lease and financing options also available. ‡Kia's February lease program features short-term 36-month leases, lower payments than our January 2015 program on equivalent models and trims, and 20,000 km allowances versus the available 16,000 km option. See kia.ca for details. *Representative Leasing Example: Lease offer available on approved credit (OAC), on new 2015 Rio LX MT (RO541F)/Forte LX MT (FO541F) with a selling price of $15,614/$17,514 is based on monthly payments of $190/$196 and includes delivery and destination fees of $1,485, $5 OMVIC fee, $29 tire tax, and A/C tax ($100, where applicable) for 36 months at 0% with a $0 down payment/equivalent trade, $0 security deposit and first monthly payment due at lease inception. Offers also includes a lease credit of $500. Total lease obligation is $6,851/$7,050 with the option to purchase at the end of the term for $8,275/$9,983. Lease has 20,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). Other taxes, registration, insurance and licensing fees are excluded. Offer ends March 2nd, 2015. °Lease credit for 2015 Rio LX MT (RO541F)/2015 Forte LX MT (FO541F) is $500 and available on lease offer only. Lease credit varies by model/trim and is deducted from the negotiated selling price before taxes. §Up to **"Half Price Payments"** for up to one year ("Offer") is only applicable on financing offers on 2015 Rio/Forte/Optima/Sorento/Rondo model. On approved credit, from a participating dealer in Canada between February 3rd to March 2nd, 2015. The Offer consists of a loan credit (Up to "Half Price Payments Credit") that will range from $500 to $3,250 depending on model/trim. Customers can choose to take the full amount of the applicable Half Price Payments Credit as a one (1) time incentive that will be deducted from the negotiated price of the vehicle before taxes. Alternatively, customers can choose the up to "Half Price Payments" option and have their financing payments reduced (before taxes) by 50% until such time as the entire amount of the applicable Half Price Payments Credit has been exhausted. This may take between 10 weeks and 69 weeks depending on model/trim and the amount of the applicable Half Price Payments Credit. After the entire amount of the applicable Half Price Payments Credit has been exhausted, the customer will be required to pay the full amount of all regularly scheduled finance payments over the remaining term of the contract. Vehicle trade-in amounts and down payments are not calculated in the advertised up to "Half Price Payments". See dealer for complete details. ^**Representative financing example:** 0% financing offer for up to 84 months available to qualified retail customers on approved credit for the new 2015 Sorento LX AT (SR75BF) with a purchase price of $28,794 financed at 0% for 84-month period with $0 down payment equals 50 reduced weekly payments of $39 followed by weekly payments of $79. Cost includes delivery and destination fees of up to $1,665, $5 OMVIC fee, tire tax of $29, $100 A/C charge (where applicable). Includes $2,000 "Half Price Payments" credit. Cost of borrowing is $0 and total obligation is $26,794. "Half Price Payment" Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. Offer ends March 2nd, 2015. †The $500 Auto Show Purchase Bonus can be used towards the purchase or lease of all new 2014 and 2015 Kia vehicles. Customers must visit the Kia booth at the Toronto Autoshow from February 13th to 22nd, 2015 and sign up at an electronic kiosk to receive the Autoshow Bonus voucher via email, which must be printed and presented at the dealership. All current Kia vehicle owners will receive an additional $250 Loyalty discount upon validation. Total value of the coupon cannot exceed $750. Copy of original Kia ownership is required at time of signing to receive the Loyalty discount. This offer is not combinable with any other Kia Canada Loyalty or Conquest Incentive Program. Offer is combinable with all other Kia offers: lease, finance and cash purchase. Discounts are transferable within the same household where applicable (proof of address is required). Some restrictions apply, please see dealer for full details. ‡Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (FO748F)/2015 Rio4 SX with Navigation (RO749F)/2015 Sorento SX V6 AWD (SR75XF) is $26,695/$22,395/$42,095. ^ Highway/city fuel consumption is based on the 2015 Rio LX+ ECO AT/2015 Forte 1.8L MPI 4-cyl MT/2015 Sorento LX 2.4L GDI 4-cyl AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

Labour

Strike deadline set for York U staff

Some 3,700 workers at York University could be on strike in less than two weeks.

The union representing teaching assistants and contract faculty has set a strike date of March 3. If the administration doesn't budge at the bargaining table, CUPE 3903 union chair Faiz Ahmed said his members will have no choice but to hit the picket line.

"We are doing our best to avoid a strike, but the university is leaving us with very few options," he said.

York spokeswoman Joanne Rider insisted the university "is fully committed to the collective bargaining process."

The union has largely dropped any monetary demands to focus on job security for contract workers, Ahmed told Metro. Many contract teachers at York are hired on a per-term basis, he said, and have "no predictability" in terms of their work schedules.

"We'd like to see multi-year contracts for faculty," he said. "That's important because students are in a better position to learn something from teachers who have been teaching a course for multiple years."

Students at York are worried they could see a repeat of a 2008 strike by CUPE 3903, which shut down the campus for nearly three months.

"I have some friends in fourth year who are really annoyed because it means they might not be able to graduate on time," said Thomas Williams, a third-year music student.

LUKE SIMCOE/METRO

All work and all play

Lucas Driedger, left, and Paul Falkowski are dressed as Mounties (sort of) during the Canadian International AutoShow on Wednesday to promote The Best Summer Job Ever contest. The winner gets cash and the use of this restored 1976 Westfalia to go anywhere in Canada. Go to thebestsummerjobever.com for more.

DAVID COOPER/TORSTAR NEWS SERVICE

Guidelines released for police body cameras

Law enforcement.
Federal and provincial watchdogs warn of possible threats to privacy

Pilot

The Toronto police pilot project is set launch next month, when officers begin training. By May, cameras will be worn by some primary response unit officers in 43 and 55 divisions, as well as some in traffic services and the TAVIS Rapid Response team.

It's so small it may be imperceptible when attached to an officer's lapel, glasses or hat. But for police forces, the implications of a body-worn camera are immense.

The dizzying array of privacy considerations the cameras demand are spelled out in new guidelines released by the federal and provincial information watchdogs Wednesday — principles experts say will provide police with much-needed direction when using the fast-expanding policing tool.

As a growing number of Canadian law-enforcement agencies test out the cameras in pilot projects — including Toronto police, who are launching a trial next month — federal and provincial privacy commissioners warn the technology also poses significant privacy risks.

With their detailed list of concerns, including whether citizens will be told when they are being recorded and where private information will be stored, the commissioners also hope to provide a counterpoint to a growing view the cameras have become mandatory policing tools.

"One of the questions we start with is whether or not it's even necessary and effective in the first place," said Patricia Kosseim, director general of the Office of the Privacy Commissioner of Canada.

"We are not saying to do it, we're certainly not saying not to do it. We're saying hit the pause button and please consider carefully the various benefits but also the risks."

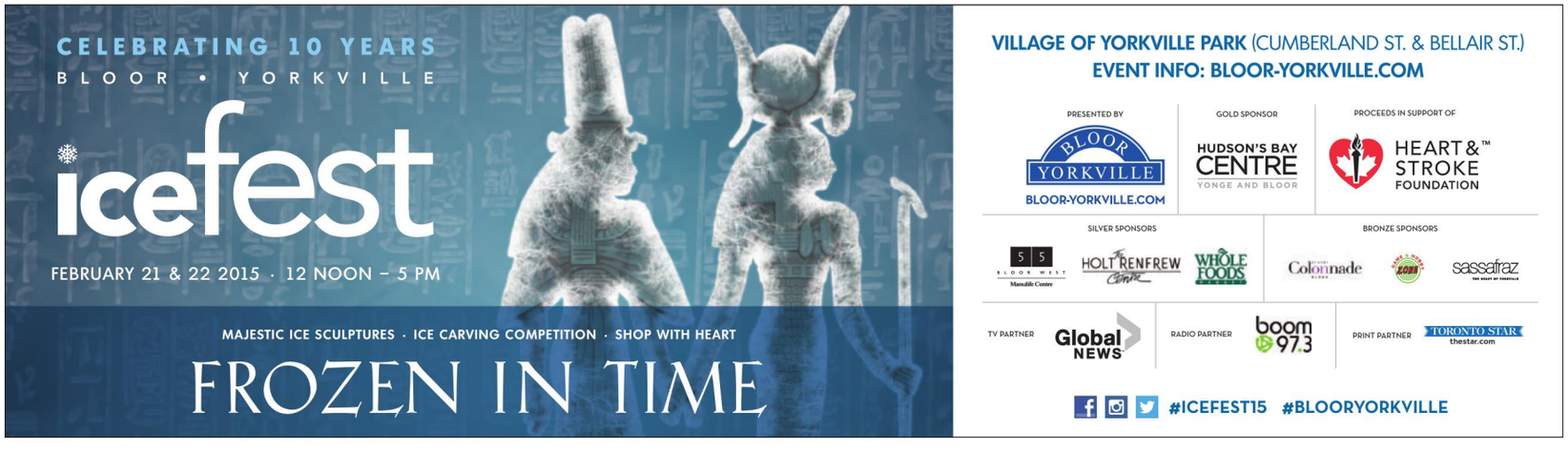
When roughly 100 Toronto police officers hit the streets with body-worn cameras in May, the force will join police in Vancouver, Edmonton, Thunder Bay, Hamilton and London in experimenting with the tool.

Toronto police have been working alongside representatives from Ontario's information privacy commissioner, the Ministry of the Attorney General, the Toronto Police Association, and more to develop guidelines and the procedures, said Meaghan Gray, spokeswoman for the Toronto police.

"There have been a number of issues that they are wrestling with," Gray said, including where the recordings will be stored.

The privacy commissioners' guidelines point to many concerns, including whether recordings will be made in private homes, if citizens will be informed they are being captured on video and whether police forces will adequately protect private information caught on camera.

Among their recommendations are that recordings be protected by safeguards, such as encryption and strict retention periods. They also suggest rules aimed at minimizing the recording of innocent citizens and innocuous public interactions. TORSTAR NEWS SERVICE



Skating on Grenadier Pond old-time tradition: Doucette

Winter. Illegal pond skaters gain defender

Snow gently falls on three hockey players skating after each other on a freshly shovelled oval on Grenadier Pond — an idyllic, quintessentially Canadian scene that is also completely illegal.

"It's beautiful, it's open," says Bryan Takahashi, 28, of the makeshift rink as he takes a break from shinny with his brother Jeff, 26, and friend Dave McCamus, 25, who adds, "The city should make it legal, with a warning system for (thin) ice."

Sarah Doucette, the Ward 13 Parkdale-High Park city councillor, agrees.

She is asking, in a motion to next week's parks and environment committee, for city staff to report on the feasibility and potential cost of overturning the oft-ignored skating ban on the scenic pond in High Park.

Quoted

"I'd like to know what it would take to bring back a tradition we've had since Confederation."

Coun. Sarah Doucette

She says the police marine unit monitored the safety of the ice until 1996, when parks staff took over.

After budget cuts in 2001, rosy-cheeked skaters were replaced with "no skating" signs and whistle-blowing bylaw officers ordering outlaws to shore.

"My main concern is safety," Doucette said in an interview. "The last couple of winters have been colder, more and more people are going out there and I'd like to know what it would take to bring back a tradition we've had since Confederation."

From left: Bryan Takahashi, Dave McCamus and Jeff Takahashi play some shinny on Grenadier Pond on Wednesday. Coun. Sarah Doucette wants to bring skating back to Grenadier Pond in High Park. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Doucette suggested a flag system to alert Torontonians of the safety of the ice.

People could then skate at their own risk, she said, noting there are no city staff stationed at the Sunnyside Bike Park that opened in her ward and has BMX riders flying high in the air alongside the Gardiner Expressway.

One skater did go through Grenadier Pond several weeks ago but crawled to safety, added Doucette, who grew up skating on the pond featured in many City of Toronto archives photos showing long-ago winter fun.

Takahashi was enjoying his Wednesday skate, and said that paled compared to the "one of the best skating experiences I've ever had," flying from one end of the pond to the other before there was snow cover.

The pond's devoted users, including many families, share photos and keep each other up to date on city enforcement activities on page on the city rinks.ca website.

Skating in city rinks can't compete with a glide across a pond in the forest, sometimes with the park's resident eagle gliding overhead, locals say.

Bylaw officers on the shoreline are a rarer sight than the eagle, they said, but families should not have to skate in fear of being ticketed.

If Doucette is successful in getting the report commissioned, that would start the process that could see a review of the ban.

TORSTAR NEWS SERVICE

Bus service Ontario Northland closing stations

GILBERT NGABO
gilbert.ngabo@metronews.ca

Officials with Ontario Northland say customers won't feel the impact of two shuttered bus stations and a cut to operating hours at others.

The service will close its Englehart and Matheson stations in May. Hours will be reduced at the New Liskeard, Kirkland Lake and Sudbury stations.

But there will be no changes to the number of buses running or schedules, said Corina Moore, the company's interim vice-president and CEO.

The changes are being made to "ensure the long-term sustainability of our operations," she said.

The company is looking to reduce expenses wherever possible, and an analysis showed the station changes will save about $600,000 a year. At least eight employees will lose their jobs.

Travellers will be able to buy tickets online and buses will continue to stop at the affected stations, even if they aren't staffed, Moore said.

Many of the passengers travelling with Ontario Northland are students and seniors from regions across Ontario, she said.

The service runs from Toronto through cottage country as far north as Hearst, about 100 kilometres outside Kapuskasing.

At a glance

- Around 250,000 passengers travel by Ontario Northland buses each year.
- Four Ontario Northland buses leave Toronto daily.

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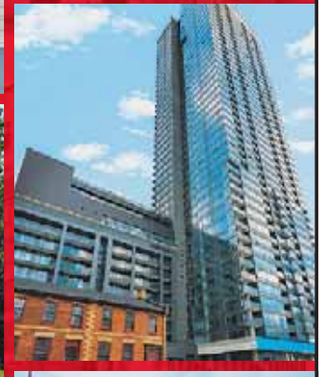

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Looking to celebrate the Lunar New Year? Here are five things Torontonians should know about one of the world's most celebrated holidays, which starts today.

LUKE SIMCOE/METRO

5 Lunar New Year tidbits

1

GETTY IMAGES

Year of the what?

You may have seen this Lunar New Year referred to as the year of the sheep, ram or even goat. In Mandarin, the word "yang" can refer to all three, hence the confusion. Regardless of which ungulate you prefer, those born this year are said to be kind, peace-loving and well-liked.

2

Ready, set, gao!

WIKIMEDIA COMMONS

Plenty of different dishes are associated with the Lunar New Year, but one of the most popular is *nian gao*, a cake made from sticky rice. Sometimes referred to as year cake, the term is a homonym for "higher year." Like many aspects of the holiday, nian gao is said to help foster good fortune.

3

You think your commute is bad

The annual trek home for the Lunar New Year is known as "Chunyun" and is the largest human migration in the world. According to China Daily, more than 3.6 billion passenger trips will be made during a 40-year period — that's slightly fewer than three trips for every Chinese citizen.

GETTY IMAGES

4

San Francisco is second best

The world's second-largest Lunar New Year celebration outside Asia happens in San Francisco, where roughly 20 per cent of the population is of Chinese descent. Some 500,000 people attend the annual parade, which flows through the city's historic Chinatown.

GETTY IMAGES

5

Parade at Pacific Mall

If you're looking for an authentic Lunar New Year celebration, try Pacific Mall in Markham. Billed as the largest Asian mall in North America, the 450-store bazaar is modelled after the bustling markets of Hong Kong. To ring in the year of the sheep, the mall will be hosting concerts, dragon parades and other events all weekend.

Monica and her six-year-old daughter, Julie, were shopping in Chinatown on Wednesday. Julie got a new dress to mark the new year. DAVID VAN DYKE/METRO

Divine visions for a new year

GILBERT NGABO
gilbert.ngabo@metronews.ca

The high-tech, real estate, metallurgy and electronics industries are poised to do well in the coming year, while textile, travel and aviation may suffer big time.

That's according to the Lunar New Year predictions by Paul Ng, a Toronto-based geomancer and philosopher.

"China's economy was bad last year, and this year is not the greatest, either," said Ng, noting that the country is poised for a big rebound in 2016.

How does he know that? It's all based on some mathematical calculations, and a lot of divination.

"When I am in meditation, I can actually see the future," he said.

This year in the Chinese zodiac melds together, among other things, an "Earth tiger" month, a "metal boar" day and "wooden horse" hour, Ng said.

All that symbolism means businesses with ties to fire, earth and metal are looking promising, while water and wood are looking negative, he added.

In other words, if you were to go with Ng's advice, you would invest your money in things like energy, mining, automobiles, real estate, electronics and banking.

Good luck if your business is in fishing, clothing or airplanes.

"Oil prices are going to shoot up in the next four months. Trust me," he said. "It will soon be $1.30 per litre or something."

Whatever the year brings, people in Toronto's Chinatown were ready to ring it in on Wednesday afternoon.

"I can't wait for tonight, get together with family and eat," said Leanne Ly, 20, as she bought a bundle of decorations at Dragon City mall.

Grocery stores were the busiest of all places as people flocked to buy food. Decorations were also hot commodities, one vendor said, with people "buying like crazy since morning."

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5-Star Safety Ratings†† More Stars. Safer Cars.

Highline model shown

2015 Jetta 2.0L Trendline

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$69 bi-weekly for 48 months† **1.9%** APR $1,029 down payment

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5-Star Safety Ratings†† More Stars. Safer Cars.

2015 IIHS TOP SAFETY PICK§

Highline model shown

2015 Passat 1.8T Trendline

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Includes $1,000 discount**

2015 IIHS TOP SAFETY PICK§

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AGENTSOFCHANGE

Eleven Torontonians who are building a better city

This is the third part of a series exploring how 11 groups and individuals plan to make Toronto a better place through the Centre for Social Innovation's Agents of Change program. Each is being set up for a year with tools, ranging from work space to contacts, aimed at turning ideas into reality.

KELSEY KUDAK/FOR METRO
toronto@metronews.ca

KELSEY KUDAK/FOR METRO

Changing the way we see — and get — food

For Building Roots, good food isn't just delicious, but also local and sustainable, accessible and affordable, and, if possible, neighbourhood-grown.

Food enthusiasts and advocates Darcy Higgins and Lisa Kates met four years ago when Kates — a food writer and photographer — moved to Toronto from Ottawa. She was shocked by the green space being lost to new development.

The pair formed Buildings Roots, an advocacy branch of Higgins' Food Forward organization.

Together, they work as consultants for the city and its neighbourhoods — advocating for better use of green space by architects, developers, city planners and councillors, and mobilizing neighbourhood groups to identify needs like community gardens, commercial kitchens and shared cultural experience through food.

Building Roots' actions morph according to the needs and desires of individual groups. In some neighbourhoods, it combats food deserts. In others, it fights laws that prohibit street vendors and food trucks. It's project driven, Kates said.

Quoted

"The system is set up so that food isn't a priority in city planning."

Darcy Higgins, Building Roots co-founder

Once projects are identified, Building Roots helps neighbourhoods and residents contact their city councillors. They initially used grants from the Heart and Stroke Foundation of Canada and began by having workshops in various communities.

They've since worked with the Toronto Community Housing Corporation and its architects to design community kitchens according to residents' needs. They've built trust in residents by following through on promises.

As agents of change, the pair will get help with business development and long-term planning through the Centre for Social Innovation.

They also hope to partner more closely with the Daniels Foundation, which was responsible for the Paintbox Condos in Regent Park, which houses one of the social innovation centre's offices, a rooftop garden and Paintbox Bistro and Catering.

Step by step toward a brighter outlook on life

Farah Mawani's idea is simple: walking and talking. But she knows its impact firsthand.

Building Roads Together — which trains community members to lead peer support walking groups in their neighbourhoods — was born of Mawani's own experience with post-traumatic stress disorder.

In July 2009, Mawani and her close friend Josh Fattal finished a year as study-abroad guides. A few days after parting, Fattal went hiking in the mountains of Iraqi Kurdistan and was captured by Iranian forces.

Mawani mobilized the Free the Hikers campaign, which helped see Fattal freed after 782 days. Though her friend returned safely, the experience had a profound impact on Mawani's mental health.

Stress from the ordeal left her depressed without motivation or energy, and anxious, knowing Fattal had been abducted while doing something as innocuous as walking.

To lead similar campaigns, Mawani started Farahway Global. But her symptoms inhibited her work.

"I had periods when I wouldn't be able to leave the house for a week, even though I knew that the moment I got some physical activity, I would feel like a different person," said Mawani.

The only thing that regularly got Mawani out of her house was a weekly peer support group. At the time, she was finishing a doctorate in public health and knew that studies showed direct, positive links between physical activity and mental health. Building Roads Together would bind both.

She focused her initial group in Regent Park, training 43 individuals in a three-group pilot program last June. The groups quickly branched.

The training sessions give peer leaders two sets of tools: practical skills like route planning and safety guidelines, and communications skills that maximize the benefit of the peer support.

Quoted

"I'll feel like the sky has grown more, and that's my gauge of my recovery."

Farah Mawani, founder of Building Roads Together, on helping others

For Mawani, being one of the Centre for Social Innovation's agents of change is a particularly special validation. She intends to work with project partners like Jane's Walk and the David Suzuki Foundation to extend her vision for Building Roads Together.

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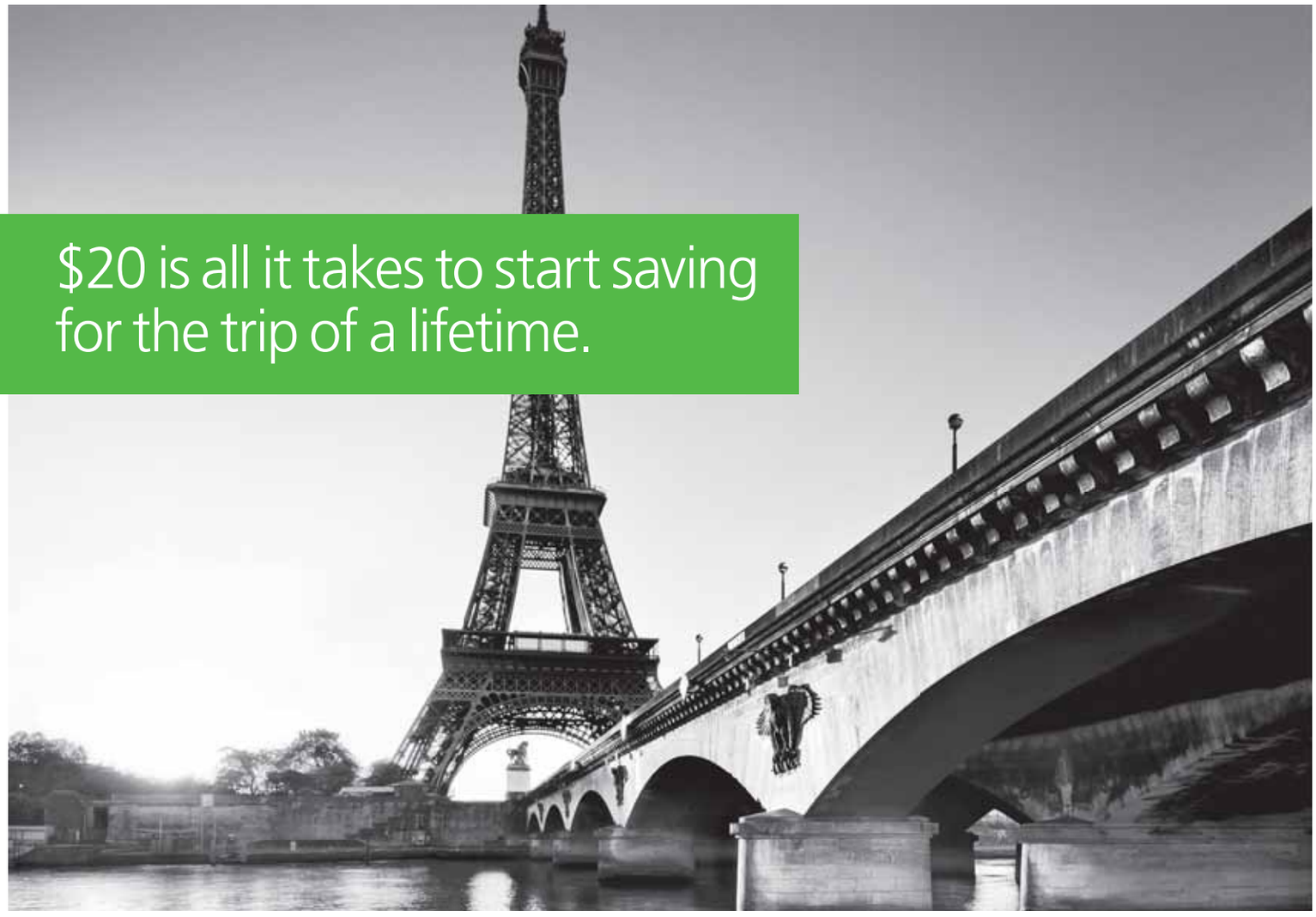

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Coding event coming to Toronto

HTML500. Led by Lighthouse Labs, code training day makes its way around cities nationwide

GILBERT NGABO
gilbert.ngabo@metronews.ca

A cross-section of people, ranging from those curious about coding to hard-core enthusiasts, have been attending HTML 500 events as they make their way across the country. CONTRIBUTED

Start your engines — and do your finger exercises. The HTML500 is racing toward Toronto.

Billed as Canada's biggest, free, learn-how-to-code event, it will hit the city on Sunday. And, it's not just for techies and computer geeks.

Coding is becoming a part of life for virtually everyone, says Khurram Virani, co-founder of Vancouver-based Lighthouse Labs.

"Software is everywhere," he said, equating coding to a vessel for "democratizing" information through creativity.

Many companies are beginning to expect that every new employee have basic coding skills, Virani said.

He equates learning the ins and outs as being similar to studying a variety of subjects in school. You don't have to be an expert in all of them, but you need to have some basic knowledge in each.

"If you are going to be using the computer and browsing the Internet, you might as well be curious about how this stuff runs behind the scenes," Virani added.

The HTML500, led by Lighthouse Labs, is making its way to cities across the country. More than 800 people have registered for the Toronto event, which will include a full day of training and a host of tech-savvy mentors.

Coding can be hard to master, but it's very easy to learn, Virani said.

"We stay under the intimidating threshold," he said.

After all, HTML500 isn't about turning people into web developers.

"It's just about igniting people's creativity and seeing if they enjoy it," Virani said.

Coding 101

- Coding involves learning how to convey instructions to computers using various programming languages.
- Thousands of languages have been created and are used to do everything from build websites to run operating systems such as Microsoft Windows.

Sex-ed. New curriculum to go online soon: Wynne

Ontario's new sex-ed curriculum will be online "within weeks" for parents to see now that the consultation period has finished, Premier Kathleen Wynne said Wednesday.

School council chairs provincewide have been consulted and the new curriculum will be implemented in September 2015, she said.

"The health and physical education curriculum is out of date," Wynne said.

The premier's comments came in question period Wednesday after Progressive Conservative Monte McNaughton slammed the government, saying more parents, beyond the representatives from each school, should have been consulted. Wynne said she doesn't know if McNaughton's "fearmongering" has more to do with his party leadership bid or "with a very small group of people who want to stir up fear about the reality that kids need information." THE CANADIAN PRESS

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All by your selfie

Kelly Huang and Richard Chiu, co-owners of Selfie Toronto, take selfies of themselves in their studio in Richmond Hill on Wednesday. Their shop is a place where people learn to take selfies with an HD camera and have access to tons of props, costumes and different theme rooms. It's the GTA's first all-you-can-take photo studio. VINCE TALOTTA/TORSTAR NEWS SERVICE

Ontarians weigh in with budget ideas

Politics. Suggestions include cutting Catholic school funding, ending Beer Store monopoly

Quoted

"Pulling the plug on Catholic education has been long overdue and, at this point, it has become fiscally necessary to do it." skip79, a commenter on the Budget Talks site

Tax marijuana to bankroll health care, eliminate public funding for Catholic schools, take guns away from police officers, stop salting the roads, and end bilingualism.

Those are among the scores of suggestions Ontarians have given Finance Minister Charles Sousa on a new government website designed to help him craft next month's budget.

Saddled with a $12.5-billion deficit, Sousa is eager to hear ways to increase revenues and reduce spending, so he launched the "Budget Talks" site last week.

"It's the first time we've done it," said the treasurer, who is also convening provincewide pre-budget hearings.

"People have their ideas. I'm open to ideas. A good idea is a good idea — I don't care where it comes from," he said Wednesday.

In the run-up to last June's election, the Liberals launched a similar online suggestion box — known as "Common Ground" — but few proposals made the platform.

Still, the government is seeking feedback on how to prioritize spending and operate more efficiently to "create a better province."

So far, there have been 20,000 page views — and numerous submissions.

"Harrychong" recommends taking away firearms from police officers because "all they do is create aggressiveness and unnecessary deaths."

In a proposal that actually is on the government's radar, "freemarketbeer" urges Sousa to end the private Beer Store monopoly.

"The Beer Store is a disgrace. It's anti-competitive, anti-consumer, and anti-small business. Allow beer in corner stores. Control the sale through the LCBO. Profit."

While it is beyond the purview of the province — because it would necessitate Criminal Code of Canada changes — "zsl" suggests the government "legalize marijuana. Tax it. Fund healthcare."

"Zsl," meanwhile, added that tolling Highway 401 would help pay for Premier Kathleen Wynne's proposed 10-year, $15-billion transit and road-building program for the Greater Toronto and Hamilton Area.

"The 401 is a joke. People avoid the 407 because it's tolled. Toll both, and use the revenues to expand the subway system in Toronto."

One of the most discussed subjects on the website is the always contentious proposal to eliminate full public funding for Catholic schools.

"De-funding Catholic education would be a SIGNIFICANT ANNUAL SAVINGS to the province in its efforts of balancing the books and reducing/eliminating our debt," writes "skip79."

Some feel scrapping French-language services is the way to go. "All documents, courts, and legislature should be only in English. If the population demands it be in another language, offer that for that one specific area," writes "lexluthor."

"Why spend so much money for a small minority?"

In that intolerant vein, another person wants to make "foreigners start from scratch when getting an Ontario driver's licence."

"There are many bad drivers in Ontario, not to be racist, but most of them are foreign," writes "TheBoogerBurgler."

Less controversially, "Ken123" says "eliminate BlackBerries for government employees."

"Where appropriate offer a 'bring-your-own-device' policy and cover a portion of a personal plan with a reasonable cap."

Perhaps the most logical post comes from "Jmccoll," who says the government just needs "get spending under control." TORSTAR NEWS SERVICE

A rich legacy to outlive leukemia

Health. Chris Taylor dedicated most his last few years of life to raising awareness to stem cell donation

JOE LOFARO
joe.lofaro@metronews.ca

Chris Taylor, right, with his fiancée Michelle Martin, found a donor match with the OneMatch system and went through a successful bone marrow transplant, but a post-surgery bout of pneumonia took his life at age 37. CONTRIBUTED

Lying in a bed in Toronto's Princess Margaret Hospital, uncertain about the future, each day was a gift for Chris Taylor.

Diagnosed with leukemia in his mid-30s, Taylor devoted most of his tumultuous, year-and-a-half battle with the disease to raise awareness about stem cell donation and urged young Canadians to become donors.

That is the legacy he left behind and how his friends and family want him to be remembered. Taylor passed away Tuesday at 1:17 p.m. in hospital. He was 37.

"When Chris was going through all this he wanted to raise awareness. It wasn't about himself. It was about other people," said his friend Kim Dixon, from Toronto.

Originally from Ottawa, Taylor moved to Toronto to open Grace O'Malley's bar with a friend. He made his illness public after falling ill in July 2013.

In a series of interviews with Metro, he spoke about the ups and downs of waiting for a life-saving bone marrow transplant and urged young Canadians to register with OneMatch, a program run by Canadian Blood Services, which matches potential stem cell donors with unrelated patients around the world.

His first match couldn't donate for medical reasons. His second backed out for unspecified reasons. The third time was a charm. A bone marrow transplant was successful last May and he went into remission. But the surgery weakened his immune system and a bout of pneumonia last week ultimately caused his death.

"His body couldn't fight those off," said Dixon.

Taylor's fiancée, Michelle Martin, never got to marry her longtime boyfriend, but she said she wants the public to know that the OneMatch system works.

Group hopes Pan Am helps bring on the fun

Founders of a local initiative are hoping the Pan Am Games can breathe new life into Playing for Keeps, a program that trains volunteers to lead their neighbourhoods toward some good old-fashioned fun.

Overall, they're hoping the games "can be a catalyst for change, building social capital in our communities," said Rosalyn Morrison, vice-president of community initiatives at the Toronto Foundation.

The foundation partnered with about 34 community organizations to launch Playing for Keeps after the 2012 Ontario Summer Games. About 1,000 volunteer ambassadors have gone through training since, and organized more than 650 events ranging from gardening get-togethers to basketball games.

Leaders of the Playing for Keeps program are hoping the Pan Am Games can help inspire more scenes like this one in the city. CONTRIBUTED

The goal is to use the Pan Am Games to bring more interest to the program and, ultimately, push for healthier young people with strong ties to the place they call home. It all comes down to building communities, Morrison said.

"These are really fun ways of introducing people to people," she said.

"Communities that play together are healthier, more connected, more vital."

GILBERT NGABO/ METRO

Mermaid school looking to make a splash in Toronto this summer

AquaMermaid.
Launched in Montreal, class teaches kids and adults how to glide through the water wearing mermaid tails

Marielle Chartier Hénault says her AquaMermaid class has been a hit so far in Montreal. CONTRIBUTED

Ariel dreamed of being human, but a mermaid school with its eyes on Toronto could give two-legged folks a taste of life under the sea.

"It's just a fairy tale in everyday life," says AquaMermaid founder Marielle Chartier Hénault, who is hoping to open a Toronto location this summer.

A model, Hénault was inspired by an underwater photo shoot in which she posed as one of the mythical sea creatures.

"I really liked that experience and I thought it was a really good workout," she says.

Held at various wave pools throughout the city, AquaMermaid classes are based on synchronized swimming techniques. During the poolside warm-up, students lay on their sides practising the abs-heavy "undulation movement," a skill that any self-respecting mermaid must master. Slowly, their legs bound by scaly spandex in hot pinks and blues, they make their way under water.

Quoted

"If the gimmick of putting on a mermaid costume gets you in the pool and off the couch, I'm 100 per cent in favour of that."
Toronto fitness expert Sarah Robichaud

"At the beginning people feel like it's a bit harder because they're not used to their legs tied together," says Hénault.

But after an hour or so, most people get the hang of it.

"It's not rocket science."

While adults tend to be more driven by the fitness aspect, for kids "it's a dream come true," says Hénault.

Julie Cole, co-founder of Mabel's Labels and author of a parenting blog, says there's a "mermaid phenomenon" in her Burlington neighbourhood.

Three of her six children — two girls and a boy — have their own mermaid tails, made by a fellow parent. They use them in the backyard pool, at the family cottage and on beach vacations.

Cole says her kids are strong swimmers, and that she wouldn't recommend using the tail otherwise.

Toronto fitness expert Sarah Robichaud agrees that the class, which works the core, glutes and upper body, is best suited to athletic people. "This is for somebody who already has decent cardio because of the breathing itself. People who are out of shape are going to have real trouble in the water."

Hénault says AquaMermaid has been a hit so far, hosting children's birthday parties and Valentine's Day classes for couples. She is planning summer camps in Montreal this summer. She says she hasn't yet scouted pools for her Toronto debut.

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Revered artist's work displayed at the Art Gallery of Ontario

Jean-Michel Basquiat. Idea Bar: Noise panel is set for Feb. 20 at the AGO, and is included in the admission price

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

He transcribed the street, bringing high art and street culture together, a legacy that's seen today as hip-hop MCs move from the recording studio to catwalks and boardrooms.

But Jean-Michel Basquiat's relationship with hip hop runs much deeper than that. While he listened to all kinds of music — Charlie Parker was a favourite subject in his art, and he played in short-lived no-wave band Gray — the esthetic he cultivated shares many of its building blocks with hip hop.

"His career parallels the emergence of hip hop," says Shiralee Hudson Hill, the interpretive planner for the Art Gallery of Ontario's current exhibition of the New York artist's work. An upcoming panel, Idea Bar: Noise, explores how "appropriation, improvisation, and quotation," figured into Basquiat's work.

While Basquiat's earliest work hued close to the graffiti artists who painted New York in the late 1970s, Basquiat never considered himself part of that movement.

"He borrowed from the language of graffiti to break open the doors of the downtown arts scene," she said.

Appropriation is often thrown around as a negative, as last year's barrage of Iggy Azlalea think-pieces proved. But Basquiat appropriated from a wide range of sources — art, music, sports, comic books — to tell his own story.

"He made meaning by assembling all kinds of different meanings together," she said.

That approach isn't that far off from hip hop, which builds new songs and mythologies from the vestiges of the recent past. That shared history hasn't gone unnoticed. The artist is regularly name-checked by MCs like Jay-Z and Kanye West, who have kept his name fresh in the minds of listeners born long after the 1988 overdose that killed Basquiat.

"He broke it all wide open," says Hudson Hill. "Basquiat's work gave people permission to experiment in new ways and permission to tell stories again."

In this 1985 image, influential American artist, musician and producer Jean-Michel Basquiat is surrounded by some of his work. Basquiat passed away on Aug. 12, 1988. BROOKLYN MUSEUM/THE ASSOCIATED PRESS

Art Spiegelman

Maus creator's art on display

Also currently showing at the AGO is a collection of work from another artist who made the leap from low to high culture. Co-Mix: A Retrospective covers comic artist and writer Art Spiegelman's long career, from his time as an underground artist in the 1970s through his Pulitzer-Prize winning graphic novel Maus, which details his father's experiences during the Holocaust, and his often controversial New Yorker covers. The Spiegelman exhibit runs until March 15.

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17 Abbotsford police under investigation

MATT KIELTYKA
Metro in Vancouver

British Columbia's Office of the Police Complaint Commissioner is investigating 17 members of the Abbotsford, B.C., police department for alleged misconduct.

The OPCC, which provides civilian oversight of complaints involving municipal police in B.C., says there have been 148 allegations of misconduct under the province's Police Act against the officers. The OPCC learned of the allegations as the Vancouver Police Department (VPD) investigated one Abbotsford officer, Const. Christopher Nicholson, for alleged criminal offences in 2013.

Nicholson was arrested and charged in May 2013 for breach of trust, obstruction of justice and conspiracy to traffic a controlled substance. An Abbotsford police spokesman said Nicholson has been suspended without pay pending the outcome of his trial.

The OPCC says that during a review of the VPD investigation, more allegations of misconduct against Nicholson and 16 other Abbotsford police were found.

The 16 other officers implicated in the investigation remain on duty.

Crime

Luka Magnotta abandons appeal

Luka Rocco Magnotta abandoned the appeal of his first-degree murder conviction in the slaying of Jun Lin Wednesday, setting the stage for an eventual meeting between the killer and the victim's devastated father.

Quebec Court of Appeal Judge Genevieve Marcotte asked Magnotta if he was abandoning his appeal voluntarily. Magnotta replied he'd made up his mind. A lawyer representing Lin's family said Lin's father is now willing to meet with Magnotta to learn more about what happened. THE CANADIAN PRESS

Mulcair vows NDP will fight anti-terrorism bill

Politics. Parties debate Harper government's proposed Bill C-51

Tom Mulcair cast his New Democratic Party as more courageous and principled than the Liberals as he came out four-square Wednesday against the Harper government's proposed anti-terrorism bill.

The NDP leader's announcement underscored the degree to which the controversial Bill C-51 has become a political football in an election year.

Prime Minister Stephen Harper has played on popular support for cracking down on extremists following the murder of two Canadian soldiers last fall, portraying opponents of the bill as soft on terrorism.

Hoping to inoculate himself from that charge, Justin Trudeau has said Liberal MPs will support the bill even if they fail to win amendments to ensure parliamentary oversight.

NDP Leader Tom Mulcair during Question Period in the House of Commons Wednesday in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

Meanwhile, Mulcair labelled Trudeau's stance on the bill "pathetic" and urged the Liberals to reconsider.

"Mr. Harper and the Conservatives have intimidated the Liberals into supporting this deeply flawed legislation. We in the NDP are going to fight it."

NDP strategists are hoping Mulcair's opposition will help lure back progressive voters who have drifted from the NDP since the last election and toward the Liberals.

Mulcair likened his party's stand to former leader Tommy Douglas' courageous opposition to the War Measures Act, invoked by Trudeau's father Pierre, the Liberal prime minister during the October 1970 FLQ crisis.

Trudeau, however, countered by chiding Mulcair for making "personal attacks" on an issue that should be debated "in a respectful and non-partisan fashion."

But he then took his own shot at the NDP.

"The fact is the NDP has not once in its history supported strengthening anti-terror measures in this country," Trudeau said.

Harper echoed that charge in the House of Commons as he dismissed Mulcair's contention that the bill would allow security services to treat those involved in legitimate protest and dissent as would-be terrorists. THE CANADIAN PRESS

U.S. military. New ruling may help Khadr in appeal

A ruling quashing the U.S. military commission conviction of an Australian man could be a boost to Canada's Omar Khadr, who is fighting to have an appeal of his war-crimes convictions heard, his lawyer said Wednesday.

In a unanimous ruling, the U.S. Court of Military Commission Review struck down the March 2007 conviction of David Hicks, reversing what had been one of the American government's few successes in prosecuting prisoners at Guantanamo Bay.

Like Hicks, Khadr also waived his rights to appeal when he pleaded guilty before a widely maligned military commission in Guantanamo in October 2010 to five war crimes committed as a 15-year-old in Afghanistan. But his lawyer filed an appeal in November 2013 with the Court of Military Commission Review, arguing the waiver was never valid and the military commission had no jurisdiction to try the case in the first place. THE CANADIAN PRESS

Conflict. Canada increases sanctions against Russia

Canada says it is intensifying economic sanctions against Russian individuals and companies in response to the tense situation in eastern Ukraine.

Prime Minister Stephen Harper says the move is being made in co-ordination with Canada's partners in Europe and the United States in response to what he says is Russia's backing of rebel forces in eastern Ukraine.

"We recognize the sovereignty and territorial integrity of Ukraine and will never recognize the illegal Russian occupation of any part of the country," Harper said in a statement.

He says 17 Russian and Ukrainian organizations are affected by Canada's latest economic sanctions, including Rosneft — the Russian oil giant. He also announced sanctions and travel bans against 37 Russian and Ukrainian individuals, including Russia's deputy minister of defence. THE CANADIAN PRESS

For the latest news on the conflict in Ukraine, turn to page 18.

Disease. Sick cow born two years after feed ban: CFIA

Canada's food safety organization says the cow discovered on an Alberta farm with mad cow disease was born two years after Ottawa imposed a tougher ban on animal feed ingredients to guard against the disease.

The Canadian Food Inspection Agency (CFIA) announced Wednesday that the cow discovered with bovine spongiform encephalopathy (BSE) earlier this month was born in March 2009. Paul Mayers, a CFIA vice-president, said the agency is working to determine the source of the feed used at the birth farm in Alberta and assess any potential risk factors.

Canada is listed as having a "controlled BSE risk" by the World Organisation for Animal Health. THE CANADIAN PRESS

Edmonton

The farm where the cow was born and the farm where it was discovered to have BSE are in the Edmonton area.

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Protesters sit outside a men's washroom at Simon Fraser University as others occupy the inside Wednesday during a demonstration in Burnaby, B.C. DARRYL DYCK/THE CANADIAN PRESS

B.C. students push for more inclusivity

Burnaby. Protest staged at Simon Fraser University to demand more gender-inclusive washrooms

Theron Meyer has come to expect double-takes and nasty comments every time she uses a public washroom.

The 20-year-old Simon Fraser University student, who identifies herself as trans feminine, goes out of her way to avoid multi-stall washrooms — even tolerating hours of discomfort to avoid the subtle but powerful harassment levelled against her.

Meyer was among the students who staged a protest Wednesday to demand more gender-inclusive washrooms at SFU. The issue extends far beyond the university in Burnaby, B.C., as transgender students across Canada fight to feel safe using public facilities.

As part of their protest, transgender students occupied a men's washroom at SFU, placing a sign on the door that read, "All genders welcome," and "This toilet has been liberated from the gender binary."

There are about 50 single-stall washrooms on the university's main campus in Burnaby.

But protesters say they want gender-inclusive signs added to them and a number of multi-stall men's and women's restrooms to be made gender-neutral.

"I think that bathrooms shouldn't be places of identity and I think that using the washroom is everybody's right," said protest organizer Nathan Lyndsay, 24, who identifies himself as trans masculine.

"Trans students and gender-non-variant folks carry a lot of anxiety about accessing washrooms because of a real fear of violence and rape."

Associate vice-president of student services Tim Rahilly said that since 2003, whenever the university does renovations on a washroom, it considers the feasibility of making it gender-neutral. Rahilly said there are gender-neutral washrooms in student residences but agreed that the university needs more gender-inclusive facilities on campus. He added that administrators would meet with protesters to hear their concerns.

THE CANADIAN PRESS

Safety

Meanwhile, across Canada, school boards and other public institutions have struggled with how to make transgender students feel safe.

Politics

Trudeau urges national debate on assisted suicide

The Conservative government should immediately launch a comprehensive national debate about doctor-assisted suicide in the wake of a landmark Supreme Court decision, the federal Liberal leader says.

Trudeau called on the government to get talks started in order to take full advantage of the one-year grace period the high court provided. THE CANADIAN PRESS

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Ukraine rail hub falls

Debaltseve. Giving up the town could remove the major impediment to a lasting ceasefire

Government soldiers pulled out of a ferociously contested railway hub in eastern Ukraine on Wednesday, ending a siege so intense that retreating troops said they couldn't get water or food amid relentless shelling by Russian-backed separatists. At least six soldiers were killed in the withdrawal and more than 100 wounded.

President Petro Poroshenko sought to cast the fall of Debaltseve in a positive light, saying the pullback was carried out "in a planned and organized manner," despite assertions by exhausted and dirt-caked soldiers, some of whom made their way out on foot, that their forces suffered heavy losses.

The retreat appeared to be an acceptance by the Ukrainian leader of a humiliating defeat in exchange for a chance at pushing a shaky truce agreement forward and securing the pullback of heavy weapons.

The loss of Debaltseve was a setback for the army. The town is a strategic railroad junction on the most direct route between the separatist east's two major cities, Donetsk and Luhansk. By taking control, rebels gain transportation connections to boost their regions' capacity to function as a unified entity.

Its importance kept the battle raging even after a ceasefire went into effect Sunday and appeared to be mostly holding elsewhere after fighting that has killed more than 5,600 people since April.

Relinquishing the town could remove the major impediment to a lasting ceasefire and begin the next step that was agreed to in a peace deal last week — the pullback of heavy weapons by both sides to create a buffer zone at least 50 kilometres wide.

THE ASSOCIATED PRESS

While U.S. debates vaccines, Pakistan seeks to wipe out polio

A health worker gives the polio vaccine to a child at a bus terminal in Rawalpindi, Pakistan, on Monday. While vaccine distrust has sparked debates amid a measles outbreak in the United States, Pakistan is in a deadly battle to wipe out polio. Long eradicated in the West, polio remains endemic in Pakistan after the Taliban banned vaccinations, a problem compounded by targeted attacks on medical staffers and suspicions that linger about the inoculations.

B.K. BANGASH/THE ASSOCIATED PRESS

United States

Terrorists 'pervert' Islam: Obama

Muslims in the U.S. and around the world have a responsibility to fight a misconception that terrorist groups like ISIL speak for them, President Barack Obama said Wednesday in his most direct remarks yet about any link between Islam and terrorism.

For weeks, the White House has sidestepped the question of whether deadly terror attacks in Paris and other Western cities amount to "Islamic extremism," wary of offending a major world religion or lending credibility to the "war on terror" that his predecessor waged. But as he hosted a White House summit on countering violent extremism, Obama said some in Muslim communities have bought into the notion that Islam is incompatible with tolerance and modern life.

"We are not at war with Islam," Obama said. "We are at war with people who have perverted Islam."

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Kidnapping trial begins

Court. Prosecutors allege U.S. rabbi used force to make unwilling Jewish husbands divorce their wives

Opening statements began Wednesday in the trial of rabbi Mendel Epstein, who faces charges of conspiracy to commit kidnapping and attempted kidnapping.

Prosecutors allege the Orthodox rabbi's team used brutal methods and tools, including handcuffs and electric cattle prods, to torture men into granting divorces. Defence attorney Robert Stahl says the Orthodox rabbi wasn't involved in any crimes and is a "champion of women's rights."

During their opening statement, prosecutors played a short, grainy clip of Epstein discussing a staged kidnapping with two undercover FBI agents. He tells them: "Basically, what we're going to be doing is kidnapping a guy for a couple hours."

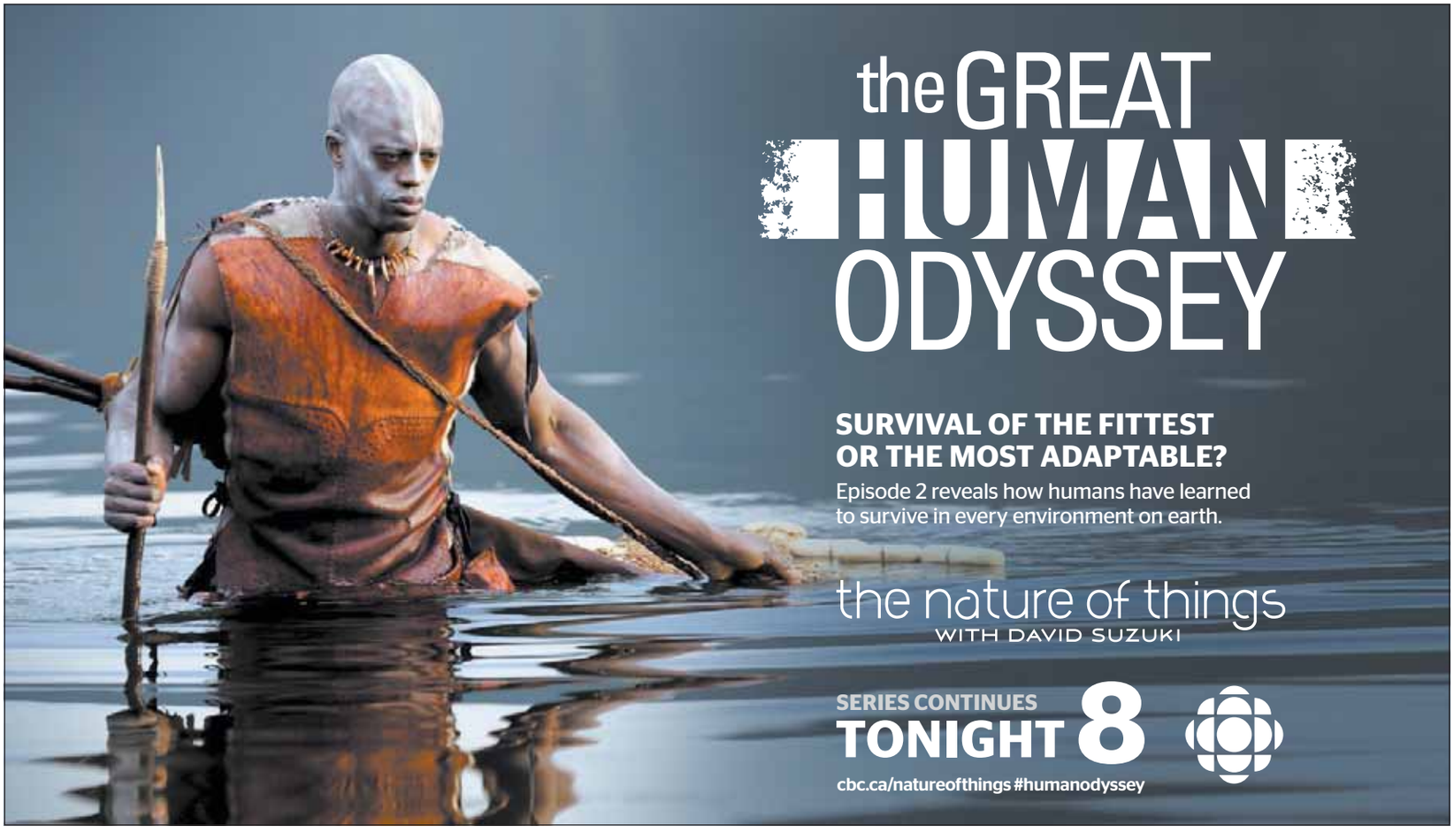
The kidnap team brought surgical blades, a screwdriver and rope to a staged kidnapping in 2013, authorities have said. Epstein, who was indicted last May along with his son and three other Orthodox rabbis, allegedly told the undercover agents he arranged similar kidnappings every year or year and a half.

"If (the cattle prod) can get a bull that weighs five tons to move, you put it in certain parts of his body and in one minute the guy will know," prosecutors said Epstein told two undercover FBI agents posing as a brother and sister trying to force the sister's husband to grant the ritual Jewish divorce known as a "get." Prosecutors say he was recorded telling the agents the effort would cost at least $50,000.

THE ASSOCIATED PRESS

'The unspeakable in full pursuit of the uneatable'

In this photo taken Feb. 10, Gerald Sumner, huntsman and master of the hounds of Kimblewick Hunt, leads off the hunt in Ibstone, England. A decade ago, Britain banned fox hunting with hounds, a centuries-old blood sport Oscar Wilde dubbed "the unspeakable in full pursuit of the uneatable." Fox hunting has deep roots in the countryside and strong opponents in the urban centres. The Hunting Act banned using dogs to kill the animals, though there are loopholes: Up to two hounds can chase foxes into open ground so they can be shot. THE ASSOCIATED PRESS



VOICES

SEXING UP THE ELECTRIC CAR

Electric cars need to hit the sweet spot of affordability and attractiveness, and Apple has the know-how to do that, as it has proven with the iPod

STEPHANIE ORFORD
readers@metronews.ca

MP3 players weren't much to look at in 2001. Ugly and not intuitive to use, they didn't make a style statement and not many people used them. Then came the iPod. The ads alone were enticing — the black silhouettes holding white iPods and earbuds, jamming in bus shelters, subway platforms and across major thoroughfares around the world. By making the iPod beautiful and usable, Apple's now iconic designer Jonathan Ive made digital music players a thing.

That's what needs to happen to the electric car.

According to news in the Wall Street Journal, Business Insider and other publications this past week, Apple has undertaken a major project to develop one and is apparently recruiting auto industry professionals in hordes. Images have been circulating online, of test vehicles kitted out with sensors and cameras.

Although electric cars have been slow to be adopted in Canada, sales have been steadily increasing over the past year, but nowhere near the levels they need to be if Canada wants to cut its greenhouse gas emissions significantly. An Apple electric car could be the tipping point we're looking for — the product that would make environmentally friendly vehicles cool.

People need to see how a new technology will benefit them before they adopt it. The largest group of people who bought electric cars in 2013 were 45-to-54-year-olds, according to recent research by Green Car Reports. But now that electric car prices are falling, millennials are starting to be able to afford them — and their tastes matter, too. For millennials, form, function and environmental sustainability are equally important.

An Apple electric car could be just the tipping point needed to make fossil-fuel-burning vehicles obsolete. ISTOCK

Electric cars have environmental sustainability in the bag but, unfortunately, there's not an electric car today that quite hits the sweet spot of affordability and attractiveness. The one great-looking electric car, the luxury Tesla Model S, has a base price that's higher than the down payment on your average condo.

The relatively affordable electric cars currently available are odd-looking and don't have mass appeal. The frog-eyed Nissan LEAF and the giant dustbuster Mitsubishi i-MiEV might work as niche-market products, like Smart Cars do. But will they get a generation buying electric? No.

Car buyers are looking for design that's a step ahead, not a lightyear. Studies have shown that radically new and different products turn off consumers — RIP Crystal Pepsi and good luck to you, Google Glass. People tend to prefer new products that are easy to adopt and have design elements that are familiar. They don't like too much change too fast.

Beautiful and usable

By making the iPod beautiful and usable, Apple's now iconic designer Jonathan Ive made digital music players a thing. That's what needs to happen to the electric car.

The electric vehicle industry needs a game-changer. An accessible, desirable product that will get everyone wanting to buy a whole new class of thing they never wanted before.

In 2001, your Discman seemed just fine next to the MP3 players of the day, but when you compared it to the iPod, you suddenly saw it as a relic of a bygone era.

There needs to be an electric car just as magnetic, to make fossil-fuel-burning vehicles obsolete.

Stephanie Orford is a writer based in Vancouver.

Women face double standard in justice system

STEPHANIE TAYLOR
Metro in Halifax

Two people in Halifax are accused of plotting to commit the same gruesome crime. Their guilt has yet to be determined by the justice system but, in the court of public opinion, judgment has already been cast on the suspects. One is being vilified as immoral and reprehensible. The other simply as a loner. The only difference between the two is that one is a woman and one is a man.

This is not an uncommon scenario, according to Kim Pate, executive director of the Canadian Association of Elizabeth Fry Societies, which advocates for women in the justice system.

"The expectation is that women are not supposed to be violent," she said. "If a woman commits a violent act she is often seen as more morally blameworthy than a man would be in the same situation."

This perception, says Pate, is rooted in the ways girls are socialized to be nurturers.

That may be a possible explanation for why readers are calling 23-year-old Lindsay Kanittha Souvannarath a "disgusting pig" who looks like "a $5 hooker," while her 20-year-old co-accused, Randall Steven Shepherd, is simply cast as deranged loner, for allegedly plotting to shoot up a Halifax mall on Valentine's Day.

The reality is that most people expect criminals to be men, and when that's not the case, we're often thrown a bit off, said Catherine Latimer, from the John Howard Society of Canada.

"When you think in your own mind and visualize who's likely to be a terrorist or a criminal you tend to think male," Latimer said.

That stereotype is based in some fact, according to a 2011 Statistics Canada report that found women mainly enter the criminal justice system as victims, not perpetrators.

Using data from 2009, the report approximates that 233,000 females (both youth and adult) committed a criminal code offence, compared to more than 700,000 men.

Lindsay Kanittha Souvannarath

Randall Steven Shepherd

Welfare fraud, shoplifting, drug and solicitation charges, or what Latimer calls "survival-based crimes," are those most commonly committed by women, especially among those who are disenfranchised. Murder, meanwhile, continues to be predominantly a male crime.

As a reporter, I can attest that when a woman is a suspect of violent crime it warrants a higher level of newsworthiness than a man, simply for the public interest. Think of the difference in responses to Victoria Henneberry, the woman charged with first-degree murder of Loretta Saunders, who was met with venomous personal attacks compared to those against her boyfriend, Blake Legette, whose criminality seemed expected.

That double standard can play a destructive role to women in the justice system, warns Pate. Compared to men, female offenders are often subject to harsher treatment throughout the judicial process — from police officers, Crown prosecutors, correctional officers, judges — even their own defence attorneys. Statistically, women are also handed longer sentences than men convicted of the same crime.

So what all does this mean for the 23-year-old American woman who is accused of boarding a plane to carry out an apparent mass shooting in Halifax?

That justice may be blind, but let's hope it's not sexist.

Stephanie Taylor is a Metro reporter based in Halifax.

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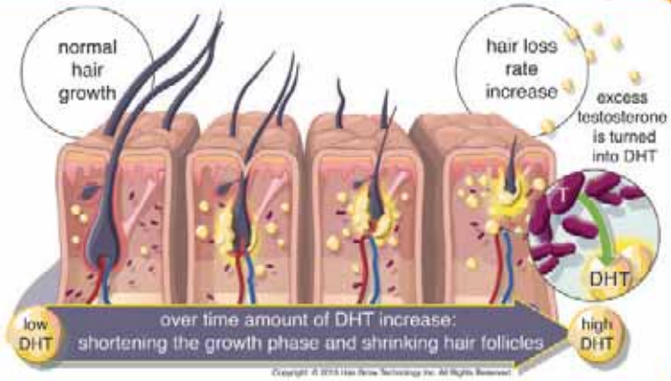
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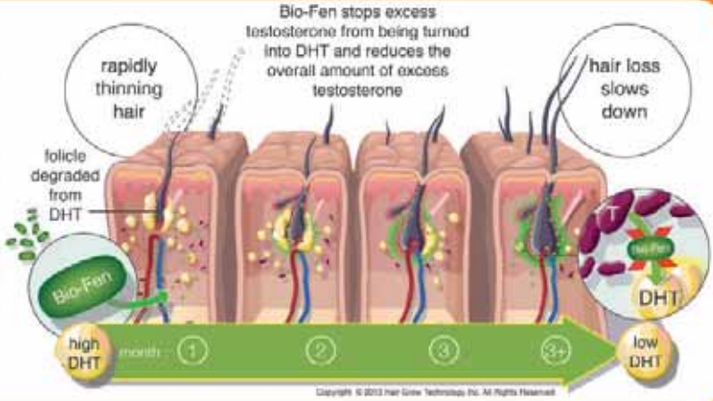
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For the kids

Pharrell Williams GETTY IMAGES

Pharrell wants to make kids Happy with new book

Pharrell Williams has a Happy book deal.

The Grammy Award-winning performer has an agreement with Putnam Books for Young Readers for four picture books, starting with one inspired by his hit song. Putnam announced Tuesday that the book, Happy, will be published Sept. 22 and will feature photographs of children from around the world "celebrating what it means to be happy."

THE ASSOCIATED PRESS

New Dr. Seuss tale to be released

More than 20 years after his death, there is still plenty of news about Dr. Seuss.

Random House Children's Books said Wednesday it will publish a recently discovered manuscript with illustrations called What Pet Should I Get, on July 28.

The author, whose real name was Theodor Geisel, died in 1991.

THE ASSOCIATED PRESS

His pretty little pictures now published in a book

Photography. Actor Keegan Allen looks at life behind the lens with his new work

Keegan Allen spends much of his life on camera on the ABC Family series Pretty Little Liars, but he spends his free time behind the lens, taking photos.

His love of photography was born at age 10, when his father (the late actor Phillip R. Allen) let him borrow a Leica M6, a range finder camera. "I was very introverted and that was my way of sharing my life with people ... I wanted people to relate to the images that impacted me," Allen, 25, says.

His new photography book, life.love.beauty, was recently published by St. Martin's Press.

Here Allen talks about photography and the identity of the mysterious character known as "A" on Pretty Little Liars.

Film vs. digital

I feel like something has been lost with digital (photography). There was something about shooting film that was romantic with time spent waiting to see what the image was. It was a lot more thoughtful. There was a process to it.

He's still learning

I don't consider myself in any way, shape or form a professional photographer. It's a hobby that I love and I'll continue to do it for the rest of my life and try to get as happy with the result as possible.

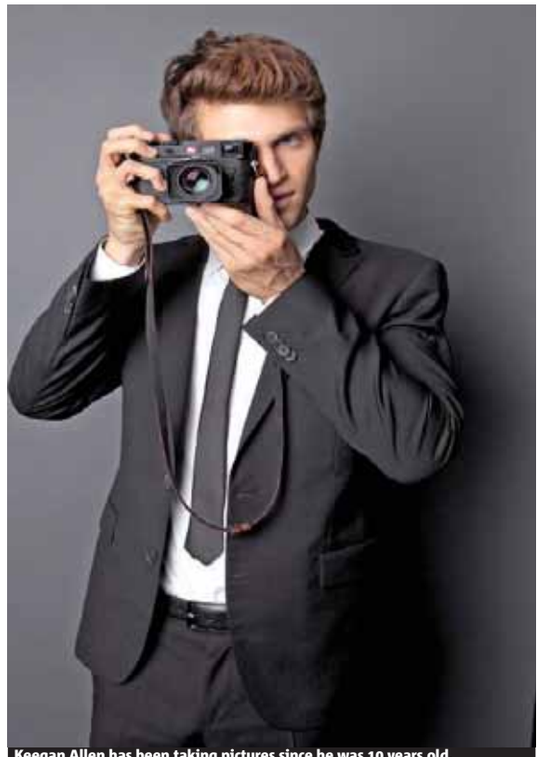
He knows the identity of killer 'A' on Pretty Little Liars

It's shocking, it's stunning, it's exhilarating, it's tremendous ... If you really go back to Season 1 and watch it all the way ... and you really pay attention, you will know and understand who it is from the clues that they place there ... It's a really amazing fable of four girls being traumatized by this character and (it's) pretty heartbreaking and gut-wrenching when you really find out.

THE ASSOCIATED PRESS

Allen on selfies

"I don't have a problem with selfies. I don't think anybody should have a problem with new things. ... It's just another form of expression and every form should be celebrated."



Keegan Allen has been taking pictures since he was 10 years old.

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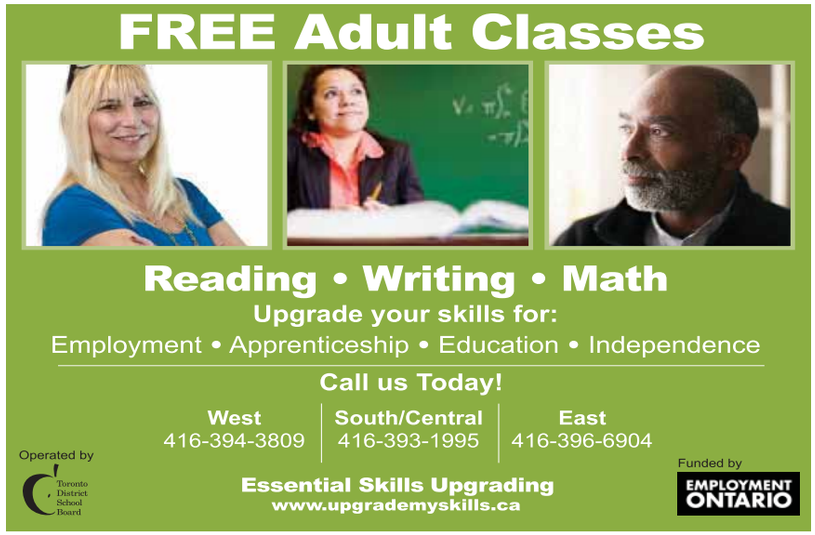

SHE'S COME *undone*

Straight from backstage at New York Fashion Week, TRESemmé translates this spring's hottest and casually cool hair trends into street-style-friendly looks (expect your Instagram feed to flood with tousled, wispy and low-maintenance manes).

On the fashion front lines at Mercedes-Benz Fashion Week in New York, TRESemmé teamed up with veteran designers like Narciso Rodriguez and Rebecca Taylor to create the coolest tresses for spring/summer 2015. TRESemmé was behind the scenes, translating runway style to ready-to-wear looks.

The Low-Rider Loop

AS SEEN AT: Rebecca Taylor

THE INSPIRATION: Shakespeare's *A Midsummer Night's Dream* meets 1970s boho chic.

THE STYLE SCOOP: This versatile ponytail-meets-bun style suits either thick or fine hair and can be worn dry or wet (for those days you have to dash out the door).

WHERE TO WEAR IT: From office appropriate to patio perfect, this style makes the day-to-night transition effortless.

HOW TO:

STEP 1: Use hands to create a low, uneven side part.

STEP 2: Gather hair low at the nape of the neck, tie with an elastic, and loop hair through so that ends are tucked up.

STEP 3: Let soft wisps frame the face for an undone feel.

STEP 4: Finish with **TRES Two® Extra Hold Hair Spray** to keep your look in place.

The Fly-Away Knot

AS SEEN AT: 3.1 Phillip Lim

THE INSPIRATION: Cool and creative 1990s fashion photography, with a punk edge.

THE STYLE SCOOP: Replace your prim and polished ballerina topknot with a disheveled chignon just below the crown. Ends should stick out and hairline should be fuzzy – the sexy bedhead of updos.

WHERE TO WEAR IT: This is the perfect casual weekend look – think brunch with your girlfriends.

HOW TO:

STEP 1: Prep the hair with **TRESemmé Climate Control Mousse** around the hairline to add volume and give it hold. Blow dry, pushing back to get lift.

STEP 2: Take thin sections of the hairline and tease to create that disheveled look

STEP 3: Pull the hair into a ponytail at the crown of the head, divide the lengths into two sections and then knot, two or three times depending on the length of the hair.

STEP 4: Secure with pins and leave the ends to stick out for a wind-blown look.

STEP 5: Keep this look in place with **TRESemmé Climate Control Finishing Spray.**

The Undone, Braided Wave

AS SEEN AT: Narciso Rodriguez

THE INSPIRATION: Young and liberated ladies – think Alexa Chung if she let her hair grow out.

THE STYLE SCOOP: It's all about touchable texture for this rumpled, wavy look.

WHERE TO WEAR IT: The night out when dancing is mandatory.

HOW TO:

STEP 1: Start with freshly washed and dried hair. Using a spray bottle, wet hair down from mid-length to ends and distribute **TRESemmé Thermal Creations® Volumizing Mousse** evenly throughout wet hair.

STEP 2: Divide hair into two or three loose braids and rough dry with a hairdryer.

STEP 3: Undo braids and retouch ends using a medium to large curling iron to define the waves' shape.

STEP 4: Finish the look with **TRES Two® Extra Hold Hair Spray** for flexible hold.

THE UPCOMING AUTUMN/WINTER 2015 SEASON

Although most of us are dreaming of warmer seasons ahead, this week TRESemmé partnered with the hottest designers at New York's Mercedes-Benz Fashion Week to create trend-setting looks for autumn/winter. After kicking off the week with BCBG (right), TRESemmé was backstage at Misha Nonoo, Hervé Léger, Diane Von Furstenberg and Carolina Herrera.

The Ponytail Tuck

AS SEEN AT: BCBG Max Azria

THE INSPIRATION: The globe-trotting girl

THE STYLE SCOOP: Even if you're not brave enough for the cut of the moment (a choppy bob) this ponytail lets you fake it. Gathered low and loose at the nape of the neck, hair is fastened into a ponytail and then tucked away seamlessly so the clothes are front and centre. It shouldn't be tight — hair should be a bit wild and loose, able to move with the neckline of knits and outerwear.

WHERE TO WEAR IT: An outdoor date. Hair will look cool tucked away and it won't get windswept or tangled.

HOW TO:

STEP 1: Start by washing your hair using **TRESemmé Perfectly (un)Done Waves™ Shampoo and Conditioner** and towel dry.

STEP 2: Spritz **TRESemmé Perfectly (un)Done Waves Sea Salt Spray** from root to tip. Rough-dry hair with a blow dryer and scrunch with your fingers. Focus on building volume at the roots.

STEP 3: Pull hair into a low pony and secure with a thin elastic. Pull out small pieces of hair around the hairline to frame your face.

STEP 4: Finish the look by spraying **TRESemmé Perfectly (un)Done Waves Ultra-Brushable Hairspray** for flexible hold. Tuck the pony under your collar.

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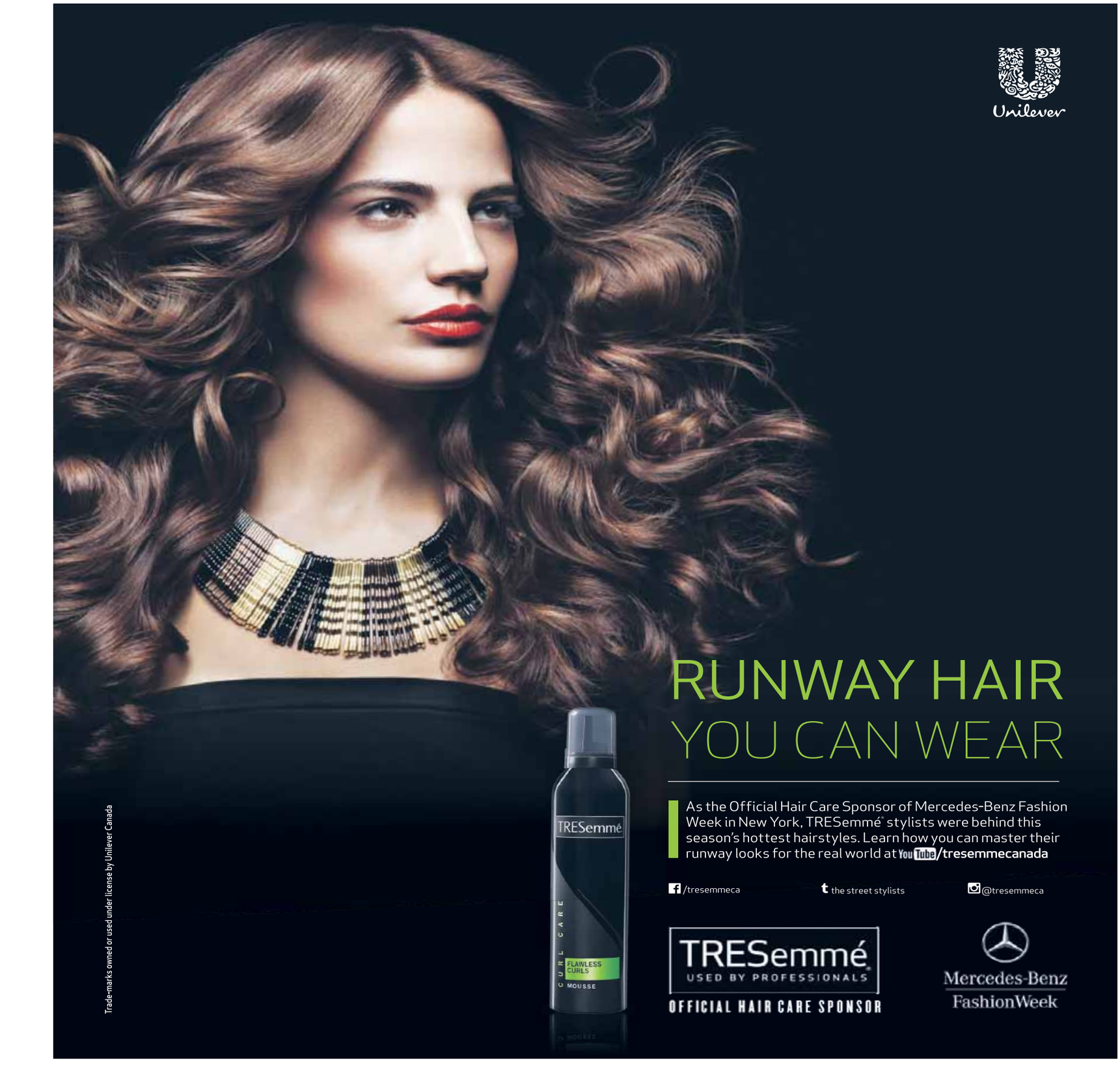
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Awards. Klein, Levant are on long list for $20K prize

Acclaimed writer Naomi Klein and former Sun News Network host Ezra Levant are competing for this year's $20,000 National Business Book Award.

Klein made the prize's long list for This Changes Everything: Capitalism vs. the Climate (Knopf Canada), which is also a finalist for the $25,000 Shaughnessy Cohen Prize for Political Writing.

Levant, winner of the 2011 National Business Book Award, made the cut this time for Groundswell: The Case for Fracking (Signal).

Other finalists include Peter Foster for Why We Bite the Invisible Hand: The Psychology of Anti-Capitalism (Pleasaunce Press) and Alfred Hermida for Tell Everyone (Doubleday Canada). THE CANADIAN PRESS

Naomi Klein THE CANADIAN PRESS FILE

Ebooks

Digital imprint will focus on Warhol's Factory

Andy Warhol's Factory is going digital. Open Road Integrated Media has launched Factory Books, a line of ebooks about Warhol and the artists and bohemians he worked with starting in the 1960s. Titles include Stephen Koch's Stargazer: The Life, World and Films of Andy Warhol, Ultra Violet's Famous for 15 Minutes: My Years With Andy Warhol and Candy Darling's Candy Darling: Memoirs of an Andy Warhol Superstar. THE ASSOCIATED PRESS

Awkward Black Girl jumps between mediums with grace

Memoir. Issa Rae, the force behind a massively successful web series, has an HBO deal and a new book on her teen years

EMILY LAURENCE
Metro in New York City

Twenty-six-year-old Issa Rae first found her voice with her Awkward Black Girl web series, which has hundreds of thousands of YouTube subscribers. Since then, she's launched her own initiative called Color Creative, producing pilots for women and minority writers, has a talk show on the Aspire network and is producing an HBO show with Larry Wilmore called Insecure. Somehow, she found time to write a collection of essays about being a teen, The Misadventures of Awkward Black Girl. We called up Rae to get her to dish even more.

You have no shortage of projects to keep you busy. Why a book?
I've always wanted to write a book, ever since I was a little girl. (Originally), I set out to write a fiction book, but I was having a conversation with my editor and she was like, "Why don't you just write it about yourself? You're an awkward person, so what experiences made you awkward?"

How do you get to a mindset where you're unafraid to put it all out there?
Initially, it felt like writing in a journal, like it was just for me. Writing is a really intimate process because you're by yourself, so it just felt like me unloading on a page. It wasn't until I turned it in and my editor gave me the manuscript that I was like, "Oh s—, people are going to read this!"

Issa Rae KAT CONTRERAS

Who was the first person you let read it?
My younger sister was the first person to read it in its entirety. I sent it to her being like, "I'm having anxiety issues about all that I revealed. Can you please read it and let me know if it's too TMI?" So she read it and was like, "You should let dad read it." I said, "Now there's a thought."

Quoted

"It wasn't until I turned it in and my editor gave me the manuscript that I was like, 'Oh s—, people are going to read this!'"
Issa Rae, a.k.a. Awkward Black Girl

Uh-oh.
Right. But I did and it forced us to talk about some things that I never had talked to him about before. He was completely supportive. He told me, "You come from the social media generation where you guys put it all out there and you signed up to write this book." That said, he also told me my family did not sign up for it and I should be mindful of that. So I did go back and censor it a bit.

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And the Pawscar goes to... that monkey from Hangover Part II

Animal actors. As awards season wraps up, non-human stars are also getting nods for onscreen work

Honouring actors brings out red carpets, couture and — sometimes — creatures.

A monkey who's starred in 25 movies over two decades was top dog at the sixth annual Pawscars, the animal version of the Oscars.

Waving a statue over her head in triumph, a beaming Crystal accepts the "lifetime diva achievement award" looking every bit the part in a pink, floor-length gown and necklace during the show streaming online Wednesday.

The Capuchin monkey, who played a Ben Stiller-slapping, key-stealing primate in Night at the Museum and a drug-dealing monkey in Hangover Part II, is "the Angelina Jolie of animal stars," said NCIS actress Pauley Perrette, who is hosting the show with teen actor Lou Wegner.

The award for the best puppy under pressure went to a King Charles spaniel named Wolfie who appeared in the movie The Interview.

THE ASSOCIATED PRESS/AFP

Other Pawscars include...

- The animals in Wild, starring Reese Witherspoon, won for best ensemble: Muffet the horse, Dharma the fox, Fred the rattlesnake, Tess the dog, Sport the rabbit and Taiga the llama.
- Dale, a horse in Dawn of the Planet of the Apes who carries the apes' leader, won for best supporting equine.

Best supporting puppy? James Franco and a Cavalier King Charles spaniel named Wolfgang appear as Dave Skylark and Digby in The Interview.

THE CANADIAN PRESS

Music videos

Pussy Riot shown buried alive in Garner tribute

Two members of the punk provocateur band Pussy Riot have released a new music video dedicated to Eric Garner, an unarmed man who was killed when a New York City police officer put him in a fatal chokehold. In their video, Maria Alekhina and Nadezhda Tolokonnikova are dressed in Russian riot police uniforms and shown buried alive. The song is titled I Can't Breathe, the last words of Eric Garner, captured on video by a bystander.

THE ASSOCIATED PRESS

Pussy Riot members appear in the I Can't Breathe video.

DENIS SINYAKOV/THE ASSOCIATED PRESS

Celebrities

V MAGAZINE

Selena Gomez goes topless for V Magazine

Selena Gomez has gone topless in the latest cover of V Magazine, which features an interview with the pop star and actress conducted by her Spring Breakers co-star James Franco.

In the interview, Gomez tells Franco about her relationship with Justin Bieber, her "next boyfriend" and her bout with depression. The issue hits newsstands Feb. 26.

AFP

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Rick Salomon and Pamela Anderson ALL PHOTOS GETTY IMAGES

Pam's divorce is tough on the Rottweiler

It's barely been a week since Pamela Anderson filed for divorce from husband Rick Salomon, and already tensions are escalating. The former Baywatch star is reportedly ordering him to remove his two daughters, ages 16 and 18, from her Malibu home immediately. She also wants his Rottweiler, Bumblebee, removed from the premises — so you know she means business. Salomon, who is currently working in Las Vegas, reportedly "begged Pam to give him a week or two until they could find a new place," but Anderson isn't budging. This is the second time Anderson has filed to end her marriage to Salomon, and they were also briefly married in 2007 before Anderson had it annulled. Maybe this time it will stick? I just hope Bumblebee's OK.

Anti-vaxxers don't get to hold Kristen's baby

The backlash against parents opposed to vaccinating their kids has a new celebrity face: House of Lies and Veronica Mars star Kristen Bell, who has two infant daughters at home. "When Lincoln was born (two years ago), the whooping cough epidemic was growing, and before she was two months old, we simply said, 'You have to get a whooping cough vaccination if you are going to hold our baby,'" Bell tells the Hollywood Reporter. And she and husband Dax Shepard aren't loosening those precautions a bit with newborn Delta. "It's a very simple logic," she explains. "I believe in trusting doctors, not know-it-alls."

Kristen Bell

Buffy star busted again

You may recall Nicholas Brendon played Xander, circa early 2000s. He looks grown-up now, but the actor's allegedly been acting like a rowdy teen.

Oh, Xander. Oh, no. Former Buffy the Vampire Slayer star Nicholas Brendon has had his second run-in with the law in less than six months after being arrested in Ft.. Lauderdale, Fla. for grand theft and criminal mischief, according to TMZ. Brendon, who was in town to attend the Shock Pop Comicon fan event, allegedly trashed his hotel room and skipped out on the bill, leaving behind a $380 food and beverage tab plus $450 in damages. "While attending Shock Pop Comicon in Ft. Lauderdale, Florida, Nicholas was placed into a deplorable situation involving his professional arrangements and chose to react in an adverse manner. This reaction led to his arrest on Monday," a rep for the actor tells E! News.

Tom's got a thing for aliens

Tom DeLonge

When he's not fighting with his Blink-182 bandmates, Tom DeLonge is busy searching for proof of extra-terrestrial life. And, he insists in an interview with Paper, he's found it. "If anybody tells you there's no life in the universe, you should be turned off. That's just such a dumb thing to say," he tells the magazine. "It's totally, universally accepted amongst the country's elite scientific establishments that there's life everywhere. The question is what kind, where, how'd they get here, what are they doing when they get here, and how do we communicate with them?"

Perry almost wasn't a Friend

Matthew Perry

Can you imagine Friends with someone other than Matthew Perry playing Chandler Bing? Well, it nearly happened, all because Perry's horrible business manager at the time told him he had no money and needed a gig badly. And before the script for Friends came along, he'd already signed up to star in a sitcom pilot called LAX 2194, about "baggage handlers at the L.A. airport in the year 2194," he recently revealed to Seth Meyers.

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TOP 3 LOOKS FROM NEW YORK

Fashion Week is about to wrap in New York City where frigid weather failed to stop a parade of bright colours, furs and sequins. Here are four must-have looks inspired '70s palettes, feminine silhouettes and new-age glam.

THE ASSOCIATED PRESS/METRO

Grace Kelly meets Chaka Khan

Zac Posen said he was looking to mix and match his muses for fall. He worked in stretch jersey, included more day looks and ran with a '70s vibe, like this bright orange top paired with a long loose skirt of a similar shade. "We wanted more fluidity on the runway. I was feeling the glamour of Grace Kelly meets the spice of Chaka Khan. I draped most of the collection myself, on weekends. In my quiet moments," the affable designer said.

Inspired by nature

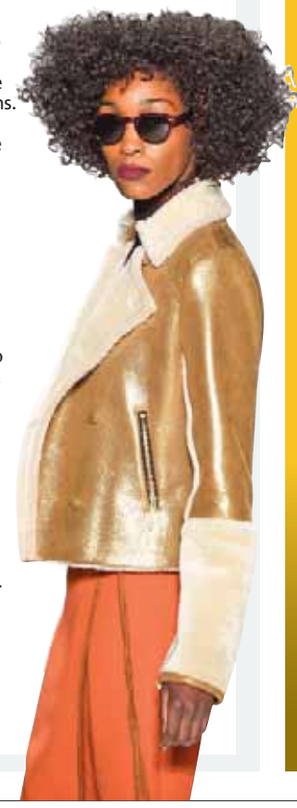
The Mulleavey sisters of Rodarte turned to migrating birds for inspiration. "It just felt ... natural," Laura Mulleavy said. "We weren't thinking of anywhere specific, just birds migrating from one place to another. Maybe leaving the city and going to a place that's more pastoral." Elaborately sequined, beaded, feathered dresses like this one — are those birds, too? "It all was, in a weird way," Laura Mulleavy said.

Pretty in pastels

Yellow, a prominent colour in J Crew's winter collection, is anything but mellow here. Jenna Lyons, the label's creative director, said she wanted to add "sparkle" to the line, which on the clothes manifested itself in the form of sequins, furs and oversized tailoring.

Gold rush

Georgine Ratelband wants to blur the line between casual and formal; classic and modern. The Milan-trained but New York City-based designer achieves her goal with this look in Georgine's fall 2015 collection that includes a shimmery jacket with a vintage-y textured trim, paired here with a flowy orange skirt.



Canadian street style

Name: Joanne

Age:33

Occupation: Gaphic Designer

What she's wearing
Oakley glasses, Wilfred coat, Oak and Fort sweater, vintage wool scarf, Levi jeans, Doc Martens, Duluth pack bag.

Her inspiration
My style is inspired simple and timeless shapes, with a side of fun colour

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From red carpet to your wardrobe

Oscar winners Matthew McConaughey and Jared Leto and best actor nominee Eddie Redmayne have been mainstays on the red carpet during awards season. Translate their high-end looks into your own.

THE CANADIAN PRESS

Jared Leto

The actor and musician has made statement-making jackets a staple.

Bold accents are also part of his red carpet repertoire with colourful bowties, boutonnieres and even sparkly shoes.

"He's willing to push the fashion envelope," says Gotstyle founder Melissa Austria. "He never looks silly because he's always incorporating great tailoring ..."

For men seeking to channel Leto's edgy but sophisticated style, Austria suggested teaming a shorter-hemmed, coloured double-breasted jacket with what she described as the hottest trend for the season: the jogger, a style which incorporates leather.

Matthew McConaughey

"Every time he's on the red carpet he's always wearing a tuxedo, but he's never just wearing a typical black tuxedo," said Austria.

The menswear expert said a key part of McConaughey's formal wear is his love of the peaked lapel. "A peaked lapel is great because it really draws your attention up and makes your shoulders and your chest look bigger," said Austria.

Austria said the tux jacket's versatility extends beyond formal occasions, suggesting men can team the blazer with a V-neck T-shirt and a pair of jeans for a night on the town.

Eddie Redmayne

Aside from film awards, the Londoner has also been winning raves for his striking black-tie ensembles which incorporate lush fabrics and rich hues."I think the signature to Eddie Redmayne's style is the cut of his suit," said Austria.

For her take on Redmayne's classic tailoring with a twist, Austria suggested a glen plaid suit featuring a mix of dark and light blue hues.

"It just gives a bit more depth and dimension to the suit, so from a distance it looks like a solid, but from up close you can notice the pattern — and that's something that's quintessentially British."

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Canadian model breaking traditional runway mould

Chantelle Winnie is taking the fashion world by storm.

A young Canadian model, who loves an English breakfast of sausage, bacon and egg, is the It girl of diversity in a world pilloried for brutal uniformity.

Diagnosed with vitiligo at age four, the same skin disorder Michael Jackson had, she overcame bullying before being plucked from obscurity to appear on America's Next Top Model and, last year, was chosen as the face of Barcelona label Desigual.

While the 20-year-old has crossed dreams off her to-do lists, the biggie remains: gracing the cover of fashion bible American Vogue, whose steely editor in chief Anna Wintour she has not met. Yet.

Bubbly and prone to loud guffaws of laughter, Winnie projects a girly exterior that belies a cast-iron determination.

She has become a spokeswoman for vitiligo, which causes white patches to appear across the body and affects up to two million Americans.

"I could more label myself as even a spokeswoman for happiness!" she tells AFP in a New York hotel.

But it has not been an easy journey to the catwalk for Desigual at 2015 New York Fashion Week.

Chantelle Winnie walked in New York Fashion Week. AFP

Winnie was rejected by every modelling agency in Toronto. Like any self-respecting wannabe, she built a profile on social media where she was discovered by Tyra Banks

"You were already a star. I just gave you a platform to make sure people recognized that you were. Keep making me proud," she says, fishing out her cellphone to read a message from Banks. "That really touched me," she adds.

She also doesn't dwell on bad things in the past and says her message to young girls is: "Focus on your opinion of yourself and not the opinion others have of you." AFP

When you're sick, getting enough rest is key to recovering quickly.

If coughing is keeping you up all night, reach for something hot and soothing. SHUTTERSTOCK IMAGES

A good night's sleep when you're sick

Bedtime. Steps to take to clear your sinuses

JACQUELINE KOVACS
For Metro

We all know that sleep is vital to health, but did you know it's doubly important to get that shut-eye when you're sick?

"Rest is your body's opportunity to recuperate," said Dr. Lisa Graves, chief of the department of family and community medicine for Toronto's St. Michael's Hospital.

Problem is, if you're coughing and sniffling, sleep can be as elusive as a Leafs' winning streak. But the good news is there are some simple strategies to quiet your cough and stifle your sniffles. And it's as easy as one, two, three.

Loosen up

Drink something warm and soothing — chamomile tea with honey, for instance, will make you sleepy, help quiet your cough and, because it's a hot liquid, it can help loosen that mucus buildup in your upper respiratory tract. Real chicken soup is another great choice: Researchers at Mount Sinai Medical Center tested the effectiveness of chicken soup on 15 people with colds and it proved more effective than hot water in helping to clear out sinuses. What you want to avoid are any cold drinks around bedtime — that same study found sipping something chilly can increase congestion.

Direct relief

Looking for an effective, drug-free way to clear your nasal congestion? Rinse your nose with saline. Delivered via a spray bottle or a neti pot, a nasal saline rinse will safely wash the mucus from your nose, giving you relief from all that stuffiness.

Warm up

Before you go to bed, take a hot shower or bath. The warmth and humidity prompts your sinuses to drain and triggers the lining in your nasal passages to contract.

Prop up

When it comes to keeping those sinuses drained, gravity is your friend. Try placing a few books under your mattress at the head of your bed, rather than propping your head up with extra pillows, which may injure your neck. Then, stick on a nose strip — it's a safe, easy way to literally open up your nose, allowing you greater breathing space.

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PHC-13942

This recipe serves four. PAUL BRISSMAN

Togetherness in an easy meal

Chinese New Year. Say, 'Gung Hei Fatt Choi!' with Poached Chicken with Ginger-Scallion Sauce

"One of my favorite things to do is to visit Chinatown during Chinese New Year," writes award-winning chef Marcus Samuelsson in his book Marcus Off Duty.

"The meals during this holiday are symbolic, with dishes designed to bring good luck and prosperity for the coming year.

"But you don't need to be super-educated about the traditions to enjoy them. This whole poached chicken symbolizes joy and togetherness of family."

Ingredients

- 1 (3 1/2-lb) chicken
- 1 red chile
- 2 garlic cloves, thinly sliced
- 3 tbsp sesame oil
- 6 tbsp peanut oil
- 3 scallions, cut into thin strips
- 1 (3-inch) piece ginger, peeled and minced
- 2 tbsp light soy sauce
- 1 tbsp dry sherry
- 2 tsp brown sugar
- 1 lemongrass stalk, pounded

Garnish

- 2 scallions, thinly sliced on the bias
- 1 cucumber, peeled, halved, seeded, and cut on the bias
- Fresh cilantro leaves
- 1 tsp sesame seeds

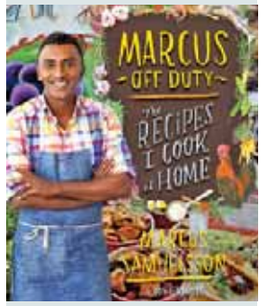
1. Put the chicken in a large stockpot and add just enough water to cover. Add the red chile and garlic. Bring to a boil, reduce the heat, and simmer for 20 minutes. Turn off the heat and let the chicken sit until the broth is lukewarm. Transfer the chicken to a carving board (reserve the broth for another use). Pat the chicken dry with paper towels and rub it lightly all over with the sesame oil. Cut the chicken into 8 serving pieces, arrange on a serving platter, and keep warm.

2. Heat the peanut oil in a small saucepan over high heat. When it shimmers, add the scallion strips. Sauté for 30 seconds, stirring constantly. Remove with a slotted spoon, drain on paper towels, and set aside for the garnish. Add the ginger to the pan and sauté for 30 seconds. Add the soy sauce, sherry, brown sugar, and lemongrass and bring to a boil. Remove the sauce from the heat and discard the lemongrass.

3. Garnish: Scatter the sliced scallions, cucumber, cilantro, and sesame seeds around the chicken. Top with the fried scallions and drizzle the sauce over all. Serve warm. RECIPES EXCERPTED FROM MARCUS OFF DUTY: THE RECIPES I COOK AT HOME 2014 BY MARCUS SAMUELSSON. REPRODUCED BY PERMISSION OF HOUGHTON MIFFLIN HARCOURT. ALL RIGHTS RESERVED.

Cookbook of the Week

Global flavours



What does celebrity chef Marcus Samuelsson eat at home? Marcus Off Duty answers that question as the youngest chef ever to receive three stars from the New York Times shares the dishes he serves his loved ones. The recipes blend an array of flavours from his Ethiopian, Swedish, Mexican, Caribbean, Italian and Southern American travels. Recipes include Sweet Potato Gnocchi, Banh Mi Sandwich, Lamb Lasanga, Shredded Turkey Chili, Soha Chicken with Jollof Rice, and Sweet and Salty Mud Pie. METRO

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Lobster sausages? Veal waffles? Baked potato meringue?

This beautifully presented recipe book will challenge your sense of culinary adventure with creative meals and desserts from six of Montreal's top chefs.

Orange-Fennel Salad

This Orange-Fennel Salad recipe serves eight. PAUL BRISSMAN

"My mother made a simple cousin of this salad: thinly sliced carrots dressed with orange juice," writes Marcus Samuelsson in his book Marcus Off Duty: The Recipes I Cook at Home. "In Sicily, this classic salad would be a pure but simple combination of fennel, orange, and black olives.

"I omit the olives, and add pecans for a great crunch, and I season the dressing with paprika and fennel seed to heighten the flavour..."

1. Put the fennel bulbs, garlic cloves, orange segments and juice, olive oil, vinegar, garlic powder, paprika, fennel seed, and pecans in a salad bowl. Toss well. Add the frisée and toss again.

Ingredients

- 2 fennel bulbs, cored and thinly sliced
- 2 garlic cloves, thinly sliced
- Segments and juice of 2 oranges
- 3 tbsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp ground fennel seed
- 1/2 cup chopped pecans
- 1 bunch frisée, chopped

metro

CHINESE NEW YEAR

Thursday, February 19, 2015

Passing traditions

Adelaide, left, and her sisters Naomi and Kitty are passing along Chinese New Year traditions to their children, Tammy, two, and Kaydence, three.

PEYMAN SOHEILI/FOR METRO

Celebrating good fortune. For this family, Chinese New Year is a blend of old and new

DONNA PARIS
For Metro

Adelaide Wan, her two sisters, Naomi and Kitty, and their families spend Chinese New Year's Eve together every year.

"We have a whole chicken, steamed fish and special dishes that we may see only on new year's," explains Wan, "like my mom's vegetable dish that she cooks with fermented tofu, which gives it a reddish colour." And that's not done by accident — red, symbolizing good fortune and joy, is a lucky colour.

Traditionally, Chinese New Year celebrations run from the last day of the last month on the Chinese calendar and end on the 15th day of the first month in the new year with the Lantern Festival, making it the longest festival in the Chinese calendar.

"Back in Hong Kong, it's a completely different atmosphere, like a party, and we would celebrate with all of our relatives," said Wan. "Everyone gets vacation time, it's more than a week of holidays, and it's really very festive — kind of like Christmas here."

But since immigrating to Canada, Wan and her family have modified their new year's plans. "We all work, so we can't celebrate for the whole week straight," said Adelaide.

Each region in China has its own traditions, but some rituals stay the same. Some, such as the red packets of "lucky" money, seem to be universal. Traditionally, elders in the family present the younger members with red envelopes containing money. Red, of course.

"The red packets — that was the best part when I was younger," said Wan's sister Naomi. And that's one tradition that she is passing on to her daughter, Kaydence, three.

"This year, I want to start telling her how important it is to get together to celebrate the lunar calendar, explain our traditions, and how money is a blessing," said Naomi.

Wan's other sister Kitty, who also has a daughter, two-year-old Tammy, agreed. "We give Tammy the red packets and when she gets them, she gets really excited — she doesn't even know what they are, really!"

Kitty also enjoys putting up banners in her home, bestowing wishes of good luck, health and prosperity.

"They're like Christmas decorations," she said. "They're always bright, printed on red paper and I buy the ones with cartoons on them for my daughter."

There's one more tradition that the Wan sisters embrace: Filling the house with fresh flowers. The Chinese New Year, also known as the Spring Festival because it is starting to warm up at this time of year in China, has so many Chinese families decorate their homes with fresh flowers and blossoms, and plants that bloom.

HAPPY LUNAR NEW YEAR!

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Cuisine brings happiness and wealth

You are what you eat.
Dishes are reserved for this special time of year

DONNA PARIS
For Metro

Long-Life Fertility Noodles with Happy Shrimp is a standard recipe for Chinese New Year. COURTESY DONNA PARIS

If you're ever invited for a Chinese New Year's feast, prepare yourself for many dishes.

"Every region in China has their favourite dishes from their specific cuisine, but one thing is true across the board: it will be some of the best food they eat all year," said Andrew Chase, a former chef who has lived in Hong Kong and Shanghai, now the owner of Pine and Bamboo Ceramics in Toronto.

"There are a lot of courses to signify abundance — and the more you can eat, the better," said Chase. "People will save all year for this special meal, if they have meat only once a year, for instance, they will have it at new year's."

And everything means something, as the Chinese believe that everything you do on new year's will determine your luck for the year. Many of the foods eaten are to bring wealth, happiness and good fortune, while others are consumed because their names are homophones for words that also mean good things.

Egg rolls are nice, as they resemble gold bars. Dumplings are served because they resemble ingots or a purse, something in which money is kept. As well, these items have a further advantage, as there is no need to cut them: The Chinese don't like to use sharp objects like knives on new year's, which may slice through good luck or cut familial relations.

Poultry and fish are also served — but no fillets. A whole chicken symbolizes abundance and family unity. In Cantonese, the pronunciation of "fish" is similar to the pronunciation (or sound) of the word "surplus" or "abundance" — exactly what you want in the coming year.

Vegetarian dishes are common, especially those including vegetables with auspicious names. Black moss, which looks like black hair when it's dried, is served because its name, fat choi, sounds the same as the new year's greeting, meaning "Congratulations, be prosperous!"

"Other vegetables or fruits with lots of seeds, such as lotus pods and pomegranates, are for progeny," said Chase. Sticky cakes (nian gao), a glutinous rice flour cake filled with dried fruit or red bean paste are common, as are fried rice cakes sprinkled with sugar.

"Often these are offered to company with tea," said Chase.

There's more for dessert — from fried sesame seed balls and egg custard tarts to preserved kumquats and a pudding made with eight kinds of candied fruits for happiness and a long life. And fresh fruits, such as oranges, bring wealth and good fortune, while apples bring wisdom and peace.

Long-Life Fertility Noodles with Happy Shrimp

Here's a dish that's perfect to cook at home for new year's, since it has a few auspicious ingredients that will cover all your bases: shrimp (the name, ha, sounds like the sound of laughter), long noodles (don't cut them or you will be cutting your life short) and pea pods and sesame seeds for fertility.

- 6 oz thin spaghetti noodles
- 7 oz shrimp, deveined
- 1 ½ tsp kosher or sea salt, divided
- ½ tsp cornstarch
- 1 tbsp cooking oil
- 1 tsp finely minced garlic
- 1/4 cup snow peas, sliced thin on diagonal
- 1/4 cup matchstick-cut carrots
- 1 ½ tsp soy sauce
- 1 tsp Chinese rice wine (or dry sherry)
- 1/4 tsp sesame oil
- 1 tbsp sesame seeds

Bring a stockpot of water to boil. Add 1 tsp of salt to water and cook thin spaghetti according to package directions; drain.

While pasta is cooking, place shrimp in a small bowl and add the remaining ½ teaspoon of salt and the cornstarch. Mix well and let sit for eight minutes. Rinse the shrimp well, washing off the salt and cornstarch. Pat very dry with paper towels.

In a wok or large skillet, heat cooking oil on high until a bead of water sizzles and evaporates upon contact. Add the shrimp and fry until halfway cooked through, about one minute on each side. Dish out the shrimp to a plate, keeping as much oil in the wok as possible (you should have about 1 tsp of oil left).

Turn heat down to medium and add garlic. Fry until fragrant, about 15 seconds, then add the snow peas and carrots. Fry for one minute, until the carrots and snow peas are cooked but still retain a nice crunch. Add the soy sauce and rice wine.

Turn heat to high and add the drained spaghetti noodles and shrimp. Toss well to combine. Let cook for two minutes, until shrimp is cooked through. Toss with sesame oil and sesame seeds. Yields two auspicious servings.

– Recipe courtesy of Jaden Hair, SteamyKitchen.com

Festival. Customs are rooted in folklore

Chinese Lantern Festivals take place around the world on the 15th day of the lunar year, as seen here in Beijing during last year's Spring Festival. Lanterns symbolize the dispelling of darkness and letting go of the past. GETTY IMAGES

Chinese New Year might just be the world's longest-running party: It's believed villagers started celebrating the start of the Lunar New Year some 4,000 years ago.

The holiday, known in China as Spring Festival, is a time of renewal and celebration. But the customs and traditions that surround it — such as hanging red scrolls with poetic couplets and setting off firecrackers — have their roots in folklore.

Legend has it that in ancient times a monstrous beast named Nian (which translates to "year") would come out of hiding on the eve of the new year to eat crops, livestock and even children. To ward off the beast, villagers hung red lanterns and scrolls, and made loud noises by setting off firecrackers and banging drums and gongs.

While we typically use "kung hei fat choy" in Cantonese or "gong xi fa cai" in Mandarin as new year's greetings, a more traditional greeting is "guo nian," which means "passing of the beast."

Chinese New Year, which typically starts on the second new moon after the winter solstice and lasts 15 days, was also associated with the start of preparations for a new rice-growing season.

"Chinese New Year is also the Spring Festival based on the lunar calendar," said Angela Chan, vice-president of the Chinese Cultural Centre of Greater Toronto. "It's the beginning (of) a new cycle, so we get rid of the old and welcome the new."

While Spring Festival has evolved into a family-oriented holiday, the customs that took root during the Han Dynasty are still practised today, such as associating the Lunar New Year with one of 12 animals in the Chinese Zodiac.

VAWN HIMMELSBACH/FOR METRO

What's on in T.O.

Chinese New Year Celebrations at Market Village
Feb. 20, 1 p.m. to Feb. 22, 7 p.m.
Considered Canada's largest Chinese New Year festival, Market Village in Markham will host 25 hours of live performances including a cultural dance competition, as well as interactive family activities, traditional arts and crafts, and an hourly draw with 100 prizes to be won. Admission is free.

Toronto Chinatown Chinese New Year Celebration
Feb. 21 and 22, noon to 5 p.m.
Celebrate Chinese New Year in the streets of Chinatown with traditional dance performances, lion dances and martial arts demonstrations. The festivities include a visit from a "panda mascot," courtesy of the Toronto Zoo. New this year is a Wheel of Fortune game organized by Dim Sum City, along with prizes from the Toronto Zoo and ROM. The event, supported by the Chinatown Business Improvement Area, is free and all are welcome.

Chinese New Year Celebrations at the Markham Civic Centre
Feb. 21, 1 p.m. to 6 p.m.
Join Mayor Frank Scarpitti and the City of Markham to ring in the Year of the Goat with an afternoon of live music, martial arts and a lion dance, as well as "celebration" food and games for the kids.

CCC New Year Community Celebration
Feb. 21, 1:30 to 3:30 p.m.,
The Chinese Cultural Centre of Greater Toronto
The CCC will kick off celebrations with festive activities such as paper cutting and calligraphy, along with performances by the Toronto Chinese Orchestra, Flato Markham Theatre and more.

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Enter the Chinese New Year and leave with good fortunes with 15% off Economy and Premium Economy fares to Asia for travel between March 1 and June 15, 2015. Book by February 24.

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Legal Matters

Lawsuit against building worries condo purchaser

I am in the process of purchasing a condo and one of the conditions of the offer is that we review the status certificate which apparently sets out the information about the condo and the building it is in. My lawyer has done his review and has told me that there is an outstanding lawsuit against the condo corporation. Is this something I should be worrying about?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

A condo corporation is required to state in clear terms if there are any outstanding lawsuits against it to any potential buyers because if the plaintiff is successful in its lawsuit, there could be a possible large settlement or judgment against the condo corporation and subsequently against the owners in the condo corporation. This could result in a special assessment against the individual owners to cover the cost of settling the lawsuit

There are a couple of things to consider:

1. If the lawsuit is being defended by the corporation's insurance company, most likely the costs of the litigation (which can be large) and any judgment or settlement would be covered by the insurance.

2. Depending on the nature of the lawsuit, it may not present a huge exposure to the owners of the condos.

What needs to be done is your lawyer or your realtor has to do some research to find out the nature of the action and then you can move forward with the best plan of attack.

If worse comes to worst, you might want to consider a reduction in the purchase price to cover the cost of the potential exposure.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website cowanlaw.ca, or email him at jeff@cowanlaw.ca.

Condos close to subway will cost you

The Residences of 488 University Avenue has direct subway access to the University-Spadina subway line.
AMEXON DEVELOPMENT CORPORATION

Location. Brokerage tallies the premium for buying near a subway station

CONDO TRENDS
Duncan McAllister
life@metronews.ca

With the announcement of yet another hike in transit fares, Torontonians continue to have a tenuous relationship with the TTC. Commuters will soon be paying 10 cents more at the fare box, and a $93 annual increase for a monthly Metropass. One thing is certain, though: Living close to the subway is a top priority for many house hunters.

A Toronto online real-estate brokerage compared the costs of buying both houses and condos within a 10-minute walk from 21 main subway stations in Toronto and the results were quite eye-opening.

"Since Toronto residents are always interested in living near transit, we wanted to see what the premium cost of living next to the subway line is." says TheRedPin Realty co-founder, Rokham Fard.

The company arrived at the numbers by analyzing all the properties sold in 2014 and the results were revealing. For example, the cost of condos close to TTC subway stations are on average, 25 per cent higher as opposed to 10 per cent more for single-family homes.

In another interesting finding, condos along the Yonge line cost $150,000 more on average than on the University-Spadina line. The three most expensive stations to live near are York Mills, St. Clair, and Eglinton, all along the Yonge line.

The analysis revealed some interesting anomalies as well. Condo buyers paid nearly $90,000 more to live next to Eglinton station than King and College stations, despite being further from the downtown core.

Living closer to certain subway stations is actually less expensive, bucking the overall trend. Fard says one reason is the higher concentration of properties near the station and higher supply means lower prices. Also, homes closer to these stations are smaller in size.

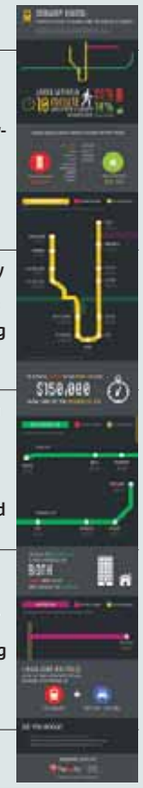
Whether condo or home, it really depends on the buyer and what they want says Fard.

"They're two different lifestyles, but it's important to note that single-family homes include detached, semis, townhomes and link townhomes."

By the numbers

- **Condos may be purchased below the average Toronto home price of $385,451 at the following stations: Finch, Don Mills, Kipling, Downsview, Eglinton West, Kennedy, McCowan and Yorkdale.**
- **Single-family homes may be purchased below the average Toronto price of $697,383 at the following stations: Kennedy, McCowan and Woodbine.**
- **The price gap between a single-family home and a condo were highest at the following stations: York Mills ($1,615,213), Eglinton ($1,040,126) and Finch ($736,117)**
- **The Eglinton Crosstown LRT will add 25 new stations by the end of 2020. Construction has begun on six new stations along the Yonge-University-Spadina line from Downsview to Vaughan.**

Source: TheRedPin.com



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Improved communication starts here
Ikea Emoticons iPhone app. APPLE

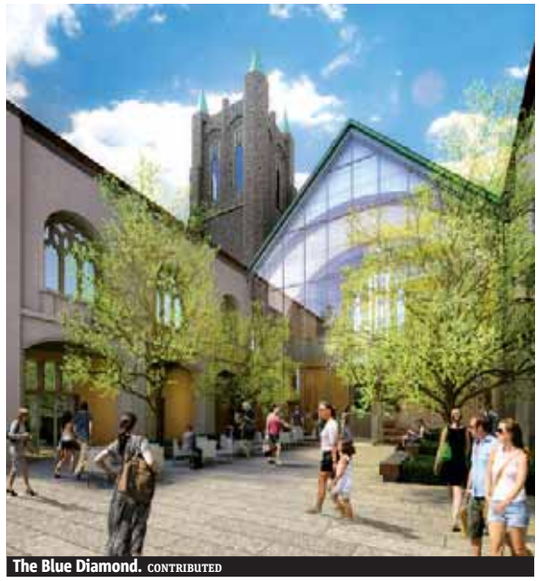
Ikea is hoping to promote harmony in the home, not with a new furniture collection, but via a new emoticon app.

Ikea Emoticons aims to limit the misunderstandings between men and women regarding home-based tasks, and make asking your partner to do the washing up cute again. "All your hints, desires and questions will be understood right away," claims the Swedish furniture brand, perhaps somewhat ambitiously.

Comprising everything from chests of drawers to shoes to the store's famous Swedish meatballs, the app integrates with the keyboard on your smartphone. More traditional emoticons such as kisses and smiley faces are also included in the concept. The app is compatible with iOS and Android products.

So the next time you want to ask a loved one to do the laundry or clean the bathroom, there really will be an app for that.

Ikea Emoticons can be downloaded for free from iTunes or Google Play. AFP


The Blue Diamond. CONTRIBUTED

Blue Diamond set in Forest Hill

Meet the condo

- **What.** Blue Diamond
- **Builder.** Camrost Felcorp Inc.
- **Architect.** Diamond Schmitt Architects
- **Location.** Avenue Road and St. Clair
- **Building.** A 26-storey building with 220 units
- **Sizes.** From 485 to 1,225 sq. ft.
- **Pricing.** $299,900 - $890,900
- **Suites.** One bedroom, two bedroom
- **Status.** Pre-registration, pre-construction phase
- **Occupancy.** Fall 2017
- **Website.** bluediamondcondos.ca

The project overview

Introducing Blue Diamond at Imperial Plaza condominiums in Forest Hill. The new residences at Avenue Rd. and St. Clair will feature a glass-and-metal-panel clad exterior with a contemporary two-level lobby.

Location and transit

Set in this desirable midtown neighbourhood, the building is conveniently located along the St. Clair LRT line and it's a short drive to the Don Valley Parkway. You can be in the downtown core within the half hour.

Building amenities

There's lots here with an indoor pool and whirlpool spa, a gallery lounge and two squash courts. There's a fitness auditorium with cardio equipment and yoga studio, a games room and lounge with ping pong and pool table, two screening rooms and a media lounge with video game equipment.

In the neighbourhood

Residents will have plenty of shopping, dining and recreational choices along St. Clair Avenue. Nearby is Sir Winston Churchill Park and the Artscape Wychwood Barns with its farmers market and art galleries.

What's hot on the condo market

DUNCAN MCALLISTER

1. Eglinton

Groundbreaking Event: 155 Redpath Condos at Yonge and Eglinton. Head over to the sales centre at 2239 Yonge St., unit 100 on Feb. 19 from 12 a.m. to 8 p.m.

CONTACT: 416-996-5428, REDPATHCONDOS.COM

2. North York

Fundraising Event: Big Brothers and Big Sisters of Toronto are holding Bowl For Kids' Sake on Feb. 21. The Cadillac Fairview team starts at 9:30 a.m. Head on over to the Newtonbrook Bowlerama at 5837 Yonge St.

CONTACT: 416-925-8981, BBBST.COM

3. Upper Beaches

Grand Opening: The Southwood Condos by Streetcar Developments in the Upper Beaches area. Visit 633 Kingston Rd. on Feb. 21 from 12 to 4 p.m.

CONTACT: THESOUTHWOOD.COM

Energy consumption

Fighting frosty weather with money-saving efficiency

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

A lot of us were recently reminded why Canada is referred to as the Great White North — temperatures plunged and many of us were shivering at the thought of February's heating bill.

While there's not much we can do about the February chills, our members have made great strides when it comes to energy efficiency in recent years.

New homes and condominiums across the GTA are built to and above the latest green standards outlined in the Ontario Building Code, which is updated regularly to ensure the highest of standards. I'm proud to say that many of our members have chosen to exceed these minimum requirements in an effort to protect our environment while saving homeowners money.

Today's condominiums are constructed with high-performance glass windows, keeping the elements out to maximize your comfort. Better equipment, lighting, windows and insulation all reduce energy consumption.

Showerheads account for 17 to 22 per cent and faucets account for 10 to 15 per cent of total indoor water use, according to a recent study by the Canada Mortgage and Housing Corporation. Installing low-flow showerheads and faucet aerators could save about 12,000 litres of water per person annually, the study found.

Combine this with dual-flush toilets and front-loading washing machines, and you can save even more on your energy bill.

I'm proud to be part of an industry that's constantly raising the bar with regards to quality of design and construction. This is especially true in the GTA, which is home to a significant amount of award-winning builders, designers and communities.

These professionals are committed to helping homeowners stay warm in the winter without doubling their energy costs. They do it because they live here, too.

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Bebelle in her room with her great-grandmother's old bed and a swing for sharing with friends. DAVID A. LAND/HGTV MAGAZINE

A child's room built on old and new memories

Kid stuff. How designer Genevieve Gorder set up her daughter's bedroom

Designer and HGTV star Genevieve Gorder's New York City home recently underwent a complete redesign. And one of the most awe-inspiring spaces was her daughter Bebelle's room.

We talked to the designer about why she chose the elements she did.

Incorporate family heirlooms

"Bebelle has a beautiful bedroom. I put in a bunch of furniture from my grandmother," says Gorder.

"My grandmother's bed that I slept in as a kid is now my daughter's bed."

Don't forget the fun

The pièce de résistance is a wooden swing in the middle of Bebelle's room.

- **"Her room is how you dream about a six-year-old's in a non-commercial way," says the designer.**
- **"It's about incorporating really simple things that give you pleasure when you're a kid that you don't get to have when you're older."**
- **And the kids approve. Gorder says all Bebelle's friends line up after school for their turn on the swing.**

The designer wasn't reusing the furniture to cut down on costs, though it's always a plus.

"(It's important) to have things from family so she knows she's part of something bigger, and she respects older furniture and techniques that just get ingrained into their visual memory," explains Gorder.

To avoid looking outdated, Gorder spruced up the piece.

"I painted the bed with a gorgeous black oil paint so it makes it look more contemporary and to give it a new life," she says.

Not just for kids

Gorder loves mixing items like a metallic side table and lush pillows from regular stores with the toys and kid-friendly pieces.

"If you just give them kid furniture and kid clothes and kid room stuff, it becomes like a toy store and kind of junky," she says. METRO U.S.

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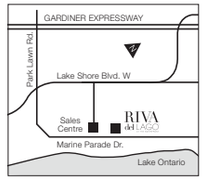

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Add orange to make spring blossom inside

ALL PHOTOS: CONTRIBUTED

Ask a designer. A reader wants to inject colour into a neutral apartment

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I live in a condo which is nicely decorated with neutral grey tones. I'd like to brighten things up to help get me through this long winter. What would be a good colour to inject? — Sabrina in Halifax

One of the best colours to inject zing into a neutral interior is orange. It will help warm up the cool tones of grey and is a colour we are seeing as a big trend for spring/summer. Orange radiates warmth and happiness as it combines red (stimulating) and yellow (the cheeriest of all colours).

I suggest introducing this colour in accessories rather than investing in large furnishings, art or light fixtures. By adding dollops of orange around your home, you create surprise hits of zingy colour as you walk around.

Here's a lineup of budget-worthy accessories that will inject a burst of citrus into your apartment.

Something as simple as a new shower curtain, towels and a mat will have your bath glowing with citrus. Never underestimate a window curtain teamed with a plastic liner to be used in the shower. Striped Voile Curtains, $10, Minimalist Border Towels, from $5, Simons.ca

Changing the largest accessory in the bedroom gives instant impact. Linen will add a soft, luxurious texture and soften with every wash. Belgian Linen Duvet Cover and Shams, $39-$129, WestElm.com

A colourful runner can sit in a foyer, in front of the sofa or along the foot of the bed. Classics; no matter what colour; will never go out of style and make great investments. Hand-Knotted Bijar Wool Rug (#722228), 4'x9', $185, eCarpetGallery.com

A focal wall of colour in the foyer will greet every guest with a splash of Florida sunshine goodness. This one goes particularly well with grey tones. Orange Blossom #2168-30, BenjaminMoore.ca

Two new chairs at the end of the table and some casual dishes will spruce up your dining experience. Vata Dining Chair Set (2), $259. TheBay.com. Miko Orange Collection, $10/plate, UrbanBarn.com

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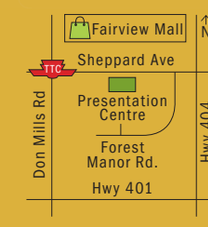

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Books stack up nicely as decor

Turn over a new leaf.
Use books as decoration, art or even as furniture

Books arranged for a bold, minimalist, contemporary visual effect.
MEREDITH WING/MEREDITH WING DESIGN/THE ASSOCIATED PRESS

Some people love the look of a bookshelf stuffed with books, and what that represents. Others see books as clutter, and wonder why anyone owns them in the digital era.

But the "well-chosen book," or an artfully displayed stack of books, "can be as powerful as any other design element," said Pablo Solomon, an artist and designer from Lampasas, Texas, near Austin. Books not only create a mood, they make a personal statement, he added.

And even when books are used primarily for esthetic effect rather than to show off a collection, the very act of displaying them celebrates them, according to Meredith Wing.

"Repurposing books honours them," said Wing, a third-year architecture student at Columbia University who has her own company, Meredith Wing Design.

Because many readers consume literature digitally these days, physical books also evoke nostalgia — not unlike displays of other authentic objects that originated in earlier eras, like wagon wheels or washboards. "These are the things we now kind of worship," Wing said.

Inspiration

A solid wall of 4,000 paperback romance novels spell out the word "Forever" in an art installation by John Salvest.

A room divider between the bar and restaurant in The Tavern in Tulsa, Okla.
HOTOS: BETH J. HARPAZ/THE ASSOCIATED PRESS

Bring the drama

But on a practical level, books offer a "relatively inexpensive way to decorate on a large scale," Wing said. She's bought books by the foot, covered them in white paper and created a "minimalist library wall." She's stacked them in non-functioning fireplaces and used them as pedestals for photos. And she's removed dust covers to reveal book spine colours "for dramatic effect." In Tulsa, Okla., The Tavern restaurant stacked books along a room divider between the dining area and bar in a coloured geometric pattern. The pattern echoed the art deco architecture Tulsa is famous for.

Get horizontal

And it's a technique that's easily adapted in home decor: Instead of lining books up vertically, break them up with horizontal stacks. You can arrange them by size and colour,

Books offer relatively inexpensive but powerful design elements of colour, height and shape, while creating a mood and making a statement. MEREDITH WING/MEREDITH WING DESIGN/THE ASSOCIATED PRESS

or keep them organized by topic. But use some of the horizontal stacks to display "accessories, photos or travel knick-knacks," advised Liz Toombs, an interior decorator.

Buy books by the bin

For a "stylized look," Toombs buys old book collections at estate sales. "If they have that worn patina, it's more interesting," said Toombs, who keeps a set of old black-bound encyclopedias in her office at Polka Dots & Rosebuds in Lexington, Ky. Sometimes she turns a book on a shelf around so that the pages, not the spine, face out, to add "a little funky spin to it."

Meridith Baer buys old books by the bin for her work at Meridith Baer Home, a home-staging company. She covers the books individually in solid-colour butcher or craft paper — or sometimes even old architectural house-plans — then arranges them in various ways. If there's an art book she loves, "I leave it on the coffee table open to that page."

Solomon, the Texas designer, also likes displaying individual art books. "We have every art book that ever was," said Solomon. "My wife will pick her favourite artist of the month, put that book out on display, create a dinner and have friends over for Picasso night."

Do judge a book by its cover

And don't be afraid to judge a book by its cover. "Book covers are some of the best art ever done," said Solomon. You can even digitally scan a book cover and have it printed in a variety of materials — aluminum or canvas for example — in any size to hang on a wall.

Ron Marvin, a New York-based interior designer, uses stacks of books to create "little moments."

"I'll stack four or five books on a cocktail table and put a vase on top," he said. "I have an antique chair I didn't want anybody sitting in. I put a stack of books in the chair and on top of that a glass bowl and it looks like a little sculpture. It's a moment. But it also says, 'Please don't sit here.'"

In his office, he stacks his collection of design books horizontally by colour and size, largest to smallest, creating little pyramids.

Stack 'em as side tables

On Pinterest and other sites, you can find photos of furniture made from books — including a much-posted picture of a bed that doesn't look very comfortable (imagine sleeping on a mattress of books!). But Marvin has made more practical furniture from stacks of books, including a nightstand next to a bed and a side table next to a low chair.

THE ASSOCIATED PRESS

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No realistic trades worth losing studs

THE HOCKEY NEWS
Adam Proteau
toronto@metronews.ca

William Nylander, the Maple Leafs' top pick at last year's draft, is acclimating to the North American pro game with the AHL's Marlies. DAVID COOPER/TORSTAR NEWS SERVICE

The Maple Leafs began their demolition project Sunday with the trading of veterans Cody Franson and Mike Santorelli to Nashville. And before the March 2 trade deadline passes, additional bodies will be tossed overboard, followed by a fuller roster reshaping in the off-season. But although GM Dave Nonis has publicly stated there are no untouchables in the organization, there are two youngsters — sophomore NHL defenceman Morgan Rielly, and 2014 first-round draft pick William Nylander — who shouldn't worry about leaving Toronto any time soon.

While it's true in theory a rival GM could assemble a trade package that would give the Leafs no choice but to include one or both of the two blossoming talents, you have to ask yourself what that type of deal would look like. And given how highly regarded Nylander and Rielly are by management, the only way the youngsters would become ex-Buds is if the transaction moved Toronto into a position to draft a generational talent such as Connor McDavid or Jack Eichel. But a team that would be in such a position to make that move — say, the Buffalo Sabres — needs exactly what Eichel and McDavid bring to the table. Therefore, it makes little sense for them to accept Rielly or Nylander instead of one of the 2015 NHL draft phenoms.

The Leafs' job now isn't to continue churning and burning on their prospect base; that philosophy is what got them into the misery in which they currently wallow. The 20-year-old Rielly has been coming on stronger of late and will continue to progress and make mistakes along the way, but his ability to skate with any player in the league and serve as a potent offence-minded blueliner is something every other team in the league would kill to acquire. The 18-year-old Nylander, meanwhile, is acclimating to the North American pro game with the American Hockey League's Marlies. Giving up on either player now would be pure insanity.

We should all know the Leafs have a long road back to year-in, year-out respectability. The only way they'll remain on that road is if a few key young players are declared out-of-bounds from the trade market.

Technically, and certainly after the famous trading of Wayne Gretzky by the Oilers, no player can ever be labelled an untouchable. But Toronto has to approach its young core that way, or all will be lost and this process will repeat itself six or seven years from now.

PDO

99.9

The Leafs are tied for 14th overall in the NHL with a 99.9 PDO rating, which is calculated by adding a team's shooting percentage with its save percentage at even strength. They are down from their 100.2 rating last week. The Nashville Predators have the NHL's best PDO (102.3),and Arizona has unseated Edmonton for the dubious honour of worst PDO (97.0).

NHL

'Negative energy' looms over Maple Leafs

Olli Jokinen's first impression of the atmosphere around Toronto Maple Leafs was a damning assessment.

"The one thing I notice here being here two days is a lot of negative energy around here," Jokinen said after Tuesday's loss to the Florida Panthers, the Leafs' 23rd in the past 27 games.

A 4-21-2 run will foster the negativity that Jokinen said Wednesday included media coverage of the team. He didn't follow the Leafs' struggles while he was with the Nashville Predators, but the 36-year-old veteran centre's drop-in look at the situation feels like a reality check.

"These guys, and it's a good group of guys here, they're going to play forever," Jokinen said. "They've got a lot of good years ahead of them. You've got to find a way to have something to play for. You've got to try to bring that every day."

Centre Nazem Kadri noted after the 3-2 loss to Florida that he and his teammates were "trying out there, we're showing passion." But the losing nevertheless has taken its toll. "It's not easy to go through and it's not fun to go through," Kadri said. "No one's happy about it. You try and keep it light or whatever you can, but it's always in the back of your mind."

Told of Jokinen's "negative energy" comment, interim coach Peter Horachek said he felt it, too, but said it's something that has come up recently.

THE CANADIAN PRESS

NBA. All-star game torch handed over to MLSE

The NBA all-star game will venture outside the United States for the first time when Toronto hosts the basketball spectacle next year.

With the Raptors on the rise, and young stars like Andrew Wiggins helping turn Toronto into one of the top producers of talent, the timing of next year's game couldn't be "more fortuitous," said Dave Hopkinson, the chief commercial officer for Maple Leaf Sports and Entertainment Ltd.

Hopkinson said not to expect "Mounties and maple syrup," however.

"We understand that we've got to put the city and the country's best foot forward ... so while we're going to be doing a very Canadian-inspired, a Canadian-themed party here for the world to come to, it's not going to be ... kitsch." THE CANADIAN PRESS

NBA

Raps send Caboclo down to D-League

Last time it was Christmas Day. Now it's a post-Valentine's kiss off. Bruno Caboclo, the 19-year-old Raptors rookie, has been sent to the NBA Development League for the second time this season, the team announced Wednesday.

He'll suit up with the Fort Wayne Mad Ants on Thursday night.

TORSTAR NEWS SERVICE

MLB. Jays home opener sells out within minutes

Tickets to the Toronto Blue Jays home opener are already being flogged for more than quadruple the face value after the seats sold out within minutes Wednesday morning.

Tickets ranging from $16 to $275 went on sale at 10 a.m., but team spokesman Jay Stenhouse confirmed they were all gone minutes later.

By noon, reseller StubHub had 3,992 tickets available for fans to watch the Jays take on the Tampa Bay Rays on April 13. TORSTAR NEWS SERVICE

Josh Donaldson is expected to make his home debut with the Blue Jays April 13. GETTY IMAGES FILE

Ronaldo alive in the last 16

Champions League. Real Madrid superstar ends three-match drought with header

Cristiano Ronaldo ended a brief goal-scoring slump to help holder Real Madrid beat Schalke 2-0 in the last 16 of the Champions League on Wednesday.

Ronaldo headed home in the 26th minute of the first leg match, after going three matches without a goal in the Spanish league. He also set up Marcelo for the second goal in the 79th.

Real Madrid players mob Carlo Ancelotti after Marcelo's 79th-minute goal against Schalke on Wednesday in Gelsenkirchen, Germany. PATRIK STOLLARZ/AFP/GETTY IMAGES

"Clearly he lives to score and it was an important goal — and a good reaction at an important stage of the season," Madrid coach Carlo Ancelotti said.

Real Madrid routed Schalke 6-1 last season at the same stadium in Gelsenkirchen with a ruthless attacking performance, advancing 9-2 on aggregate. Madrid went on to win a record 10th title and is seeking to become the first repeat Champions League winner.

This time, Schalke defended much better but did not threaten much either.

The closest it came to scoring was in the 74th, when Felix Platte, making his Champions League debut, fired a volley from the edge of the area against the crossbar.

"It's a disappointing result. Neither team had many chances but they scored," Schalke coach Roberto Di Matteo said. "If Platte had scored, the match might have gone our way."

The second leg in Spain is on March 10. THE ASSOCIATED PRESS

NBA

Dragic set to fly out of Phoenix

Goran Dragic says he's made up his mind that he's leaving the Phoenix Suns, preferably before Thursday's trade deadline.

If not, he has made it clear there is no way he would re-sign with the team after this season.

As Dragic put it, "I don't trust them any more."

Dragic was third team all-NBA last season, when he had great success alongside fellow point guard Eric Bledsoe. But this season the Suns added a third point guard, Isaiah Thomas, to the mix. THE ASSOCIATED PRESS

Careless driving

Armstrong pleads guilty in Aspen

Lance Armstrong pleaded guilty to careless driving for hitting two parked cars with his SUV in Aspen, Colo., a crash his girlfriend originally tried to take the blame for, a prosecutor confirmed Wednesday.

The cyclist entered his plea by mail on Friday under a plea agreement with prosecutors, closing the case and avoiding a court appearance. Two other charges, failing to report an accident and speeding too fast for conditions, were dismissed under the plea. THE ASSOCIATED PRESS

Thursday, February 19, 2015

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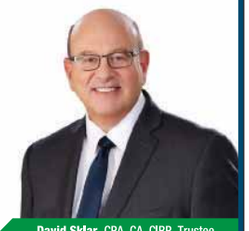
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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Avoid extremes today. Mercury's link to Saturn means you need to stay on good terms with everyone, especially people in positions of power.

♉ Taurus
April 21 - May 21
This is a good day for thinking but not such a good day for making decisions. Whatever you decide over the next 24 hours you are likely to have second thoughts about.

♊ Gemini
May 22 - June 21
You are looking for excuses to avoid something that must be done. But you you made an agreement that you must keep.

♋ Cancer
June 22 - July 23
The planets suggest you will say something shocking today, just for the fun of it. It may be amusing to you but others won't be so happy about it and your reputation could suffer.

♌ Leo
July 24 - Aug. 23
It may be that what a friend or family member has to tell you has some value in it, but what does your inner voice say? You are reluctant to trust your instincts but, ultimately, you can't trust anything else.

♍ Virgo
Aug. 24 - Sept. 23
You may disagree with someone's opinions today but you would still be wise to listen. It could be they know something that you don't.

♎ Libra
Sept. 24 - Oct. 23
Something you are told may not ring true but don't dismiss it. Conversely, something else you are told may seem obvious but don't just accept it. The only thing you can be sure of today is that nothing is for certain.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you strongly disagree with what someone is doing you are advised not to make a big deal of it. They may want to draw attention to themselves.

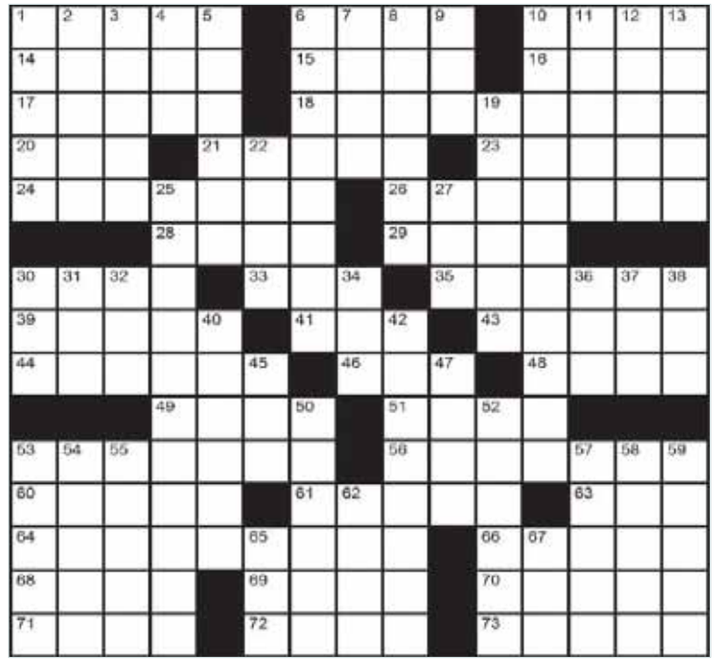
♐ Sagittarius
Nov. 23 - Dec. 21
Social activities will be fun over the next few days but you will spend too much money. If you have to go cap in hand to a loved one for a loan later expect them to want something back.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you live or work with will tell you something you don't want to hear. You know it's true so swallow your pride and act on the information.

♒ Aquarius
Jan. 21 - Feb. 19
Be careful what you wish for over the next 24 hours because you may decide later that you don't want what you wished for. But you won't be allowed to change your mind.

♓ Pisces
Feb. 20 - March 20
If you are asked to give more than you think is fair today, speak up about. If it means you fall out with someone, so be it.

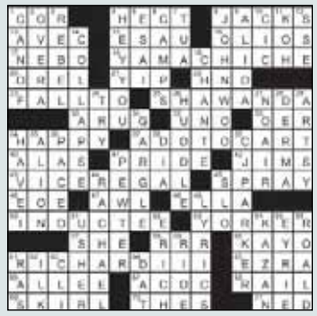
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Better skilled
6. Honey
10. Hurricane Katrina org.
14. Offence
15. In an unwell way, say
16. The Good Earth heroine
17. Accumulate a restaurant tab: 2 wds.
18. British Columbia village in the Robson Valley
20. Shiba __ (Dog breed of Japan)
21. 1987 Heart hit
23. Confuse things
24. Secret agent's file
26. Wheeled stretchers
28. Camaro model, __-Z
29. Ms. Falco
30. Laze
33. Beak
35. Ms. Lauder's
39. Egyptian city
41. "Spider!"
43. Birthdays: "Make _ __!"
44. Spanish wine
46. Particular pronoun
48. Single occurrence
49. "Wait just _ __!"
51. Attire
53. Endurance
56. Creamy carnivorous dish, Chicken _ __ __
60. Phantom's instrument
61. Not as well-done, as steak
63. Grandmother's nickname
64. Quebec City's former NHL team
66. Japan's city of canals
68. Movie-__
69. Dilbert comics intern
70. Musical group of nine
71. Dagger
72. TV brand
73. Garden huts

Down
1. Bitter
2. Keyboard playing student in "Fame" (1980)
3. Blanket-carrying Peanuts character
4. Australia's coat of arms animal
5. Mend
6. Montreal-born actress Norma Shearer won the Best Actress Oscar for her performance in "The __" (1930)
7. Panache
8. Declare in a motion
9. Loaf selection
10. "Chopped Canada" airer: 2 wds.
11. Dodge
12. Macho
13. Poker stakes
19. Oscar-winning actress Ms. Tomei
22. Singer/guitarist Mr. Redbone
25. Film for which Toronto-born actor Walter Huston won a Best Supporting Actor Oscar, "The Treasure of the __ __" (1948)
27. Ulan-__, city in Russia
30. 'Electron' suffix
31. "Lah-di-__!"
32. Whopper
34. Jay Z's wife, to pals
36. German article
37. Keyboard key
38. "__-Devil" (1989)
40. Noble family of Italy
42. Canadian singers/identical twin brothers, Ryan and Dan __
45. Currency in Japan
47. River to the Ubangi
50. Opera tenor, Enrico __ (b.1873 - d.1921)
52. Mr. Eckhart's
53. Ranked-things on Billboard
54. Royal __ Golf Club, in Scotland
55. Concur
57. Ludicrous
58. "The __ Chef" (Jamie Oliver's old cooking show)
59. Teeny biting flies
62. "__ Flux" (2005)
65. '_' __ in Quesnel
67. Note before Lah

Yesterday's Crossword

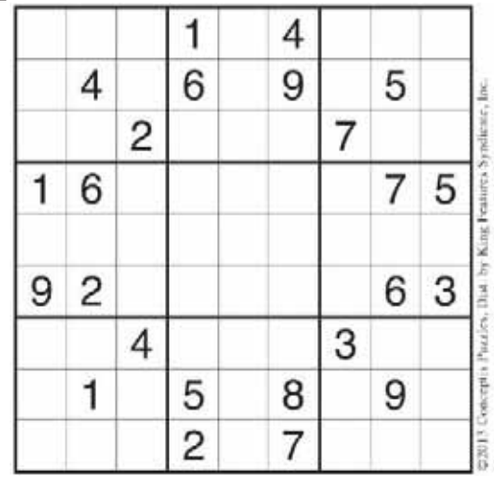


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	3	8	7	9	6	4	2	1
9	7	1	2	4	8	3	6	5
2	6	4	3	5	1	9	7	8
6	5	2	1	8	4	7	3	9
1	4	3	9	6	7	5	8	2
7	8	9	5	2	3	6	1	4
3	9	7	4	1	2	8	5	6
4	1	6	8	3	5	2	9	7
8	2	5	6	7	9	1	4	3

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